VILLA OPENS THE DOOR FOR SPAIN, PG 24

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TORONTO • TUESDAY, JUNE 22, 2010

Celebrity pg 37

Harry a single man again

## Take a deep breath and slow down

**RELAX** Yesterday was International Slowness Day and the best way to celebrate, according to an organizer, was to take a deep breath. Or maybe stare at the clouds passing by.

Clemence Boucher, a Montreal community worker, got together with some friends in 2001 and picked June 21 — the longest day of the year — to kick off her movement.

Her movement is taking off ... slowly.

There was also talk of starting a slowness day in Ontario, but Boucher said it hasn't quite caught on yet. **THE CANADIAN PRESS**

DAVID COOPER/TORSTAR NEWS SERVICE

Protesters take to the streets yesterday afternoon in advance of the G20 summit, which starts later this week. Police on bicycles formed a solid line to keep the demonstrators on one side of the street near Yonge and Carlton. More coverage, page 4.

# Marching orders

## Let the games begin: Protesters get jump on summit

**G20 Summit**

**Hundreds of noisy G20 demonstrators shut down traffic in downtown Toronto yesterday, protesting the heavy police presence in the city.**

With the gathering of world leaders just days away, anti-poverty activists and others rallied at Allan Gardens. Chanting slogans such as "Whose streets? Our streets!" and "Justice now!" the demonstrators marched through the streets.

"I know a lot of people who really don't like the G20, but are afraid to be out on the streets of Toronto," said a man who said he's a member of the hip-hop duo Test Their Logik.

"They see the sound weapons, they see the tear gas, they see the press releases the pigs are putting out, saying that they're going to have snipers on the rooftops," he said.

Demonstrators say the $1 billion spent on military-style security for the summits could better be spent on the poor, health care or child care.

Representatives of the Ontario Coalition Against Poverty and the Kingston Coalition Against Poverty were in the crowd, said Kelly Pflug-Back, 21, a rally organizer and University of Guelph student.

**"We are involved on a day-to-day basis with trying to provide the things that the government is not providing, trying to create a framework for a community that is self-sufficient."** Kelly Pflug-Back, rally organizer

"We are involved on a day-to-day basis with trying to provide the things that the government is not providing, trying to create a framework for a community that is self-sufficient," said Pflug-Back.

Dozens of officers on bicycles moved like a wave alongside protesters as the loud but peaceful marchers passed by. One protester was arrested.

The demonstrators plan to stage another march during this afternoon's rush hour. **THE CANADIAN PRESS**

## Meals for the poor cancelled

**SUMMIT** For 12 years, Toronto's poor have eaten in the tony recesses of Osgoode Hall.

The Lawyers Feed The Hungry program dishes out more than 2,000 meals every week — dinner Wednesday and Friday, and breakfast Thursday and Sunday. Diners also get a bagged meal to take with them.

Except this week, when the needs of international dignitaries trump the needs of the city's hungry.

Although the corner of University Avenue and Queen Street is north of the official G20 security perimeter, the potential for traffic snarls and general upheaval has prompted Osgoode Hall to discourage non-essential visits to the building.

Which means its dining room wasn't open Sunday for the 350 people who eat breakfast, and it will be shut Thursday, Friday and Sunday.

"The G20 is affecting more than our entertainment options and traffic patterns," said David Bronskill, a partner at Goodmans who has volunteered with the program for a decade.

"This means that people who have to budget very carefully are not going to have a much-needed source of food and nutrition for almost 10 days."

**TORSTAR NEWS SERVICE**

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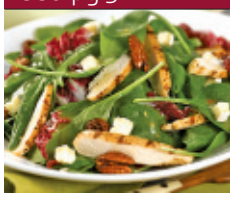
Food pg 31



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# Local

## Grocer's trial delayed

**A Chinatown grocer charged with chasing down and tying up a shoplifter, then detaining him in a delivery truck until police arrived, will have to wait until the fall for his case to be heard. An Ontario Court judge adjourned the trial of David Chen, left, upon request from his lawyer Peter Lindsay. Chen, along with Jie Chen, 21, and Qing Li, 40, all face charges of assault and forcible confinement relating to the incident on May 23 of last year.** TORSTAR NEWS SERVICE

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## Tomorrow's Metro

**West View**
Paul Sullivan brings the West's perspective on Canadian events to Metro's pages.

## metronews.ca

WHAT'S ONLINE TODAY

**Your Money** Allan Small on the culprits behind market volatility and how to cope with it at **metronews.ca/investing**

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# McGuinty on the offensive

## Premier launches ad campaign to explain why he feels the HST is necessary

**Premier Dalton McGuinty is telling Ontario consumers to swallow their medicine — the HST.**

Ontario's Liberal party yesterday launched a TV ad featuring McGuinty dressed casually and sitting in a leafy backyard setting as he talks about the coming merged tax and his government's plan to grow the economy.

"Ontario is coming out of this global recession sooner and stronger than anyone expected," McGuinty says in the 60-second spot dubbed Strong Medicine.

"Because of the hard work of Ontarians, we are again leading Canada in economic growth."

"But to create more jobs, top economists agree the single most important thing we can do is adopt the HST."

The TV spot was scheduled to run during newscasts across Ontario, starting last night at 6 p.m. The ad will also run online until July 1 — the day the harmonized sales tax takes effect in Ontario.

Dalton McGuinty

The HST will combine the existing eight per cent PST and the five per cent GST into a single 13 per cent sales tax.

Critics note tax harmonization will increase the cost of many items that were previously exempt from the provincial sales tax — from gasoline to Internet bills, haircuts and real estate fees.

McGuinty acknowledges during the ad that "some things will cost more" but says tax relief is being provided for some people to help ease the transition.

"I know the HST is strong medicine, but it's what we need to build a strong economy, so we can have the best schools, health care and quality of life," McGuinty says.

NDP finance critic Peter Tabuns said McGuinty made the ad to protect himself politically and called it a waste of money.

"I think people know that the HST is going to make life a lot less affordable," Tabuns said. "I don't think any television advertising is going to change that." THE CANADIAN PRESS

## Confirmed: Big cats prowl in Ontario

**COUGARS** It's really, truly official: Cougars in Ontario are fact, not fable.

A definitive four-year study by the Ministry of Natural Resources has finally put a rest to all doubt that the big but reclusive cats prowl the province's wilderness.

"Cougars have been here all along ... we are collecting additional information about them now," said Rick Rosatte, a senior research scientist in Peterborough. More than 30 pieces of evidence have been collected, including photos of tracks, DNA and scat samples that verify the big cat's presence.

Ontario's original population was thought to have been hunted out of existence in the late 1800s. The last cougar shot here was found in 1884.

TORSTAR NEWS SERVICE

## Little Portugal **Street party**

RICHARD LAUTENS/TORSTAR NEWS SERVICE

Orlando Costa, from left, Jesse Jacinto and Rui Souza celebrate as Dundas Street West, just west of Ossington Avenue, became an impromptu street party following Portugal's rout of North Korea 7-0 in World Cup competition yesterday morning.

## Buttonville crash exposes danger of advertising flight missions

**MARKHAM** They are a familiar sight across the sky in outdoor sporting events on clear, sunny days: Small, single-person airplanes stringing along bannered messages for beer, banks, or local businesses.

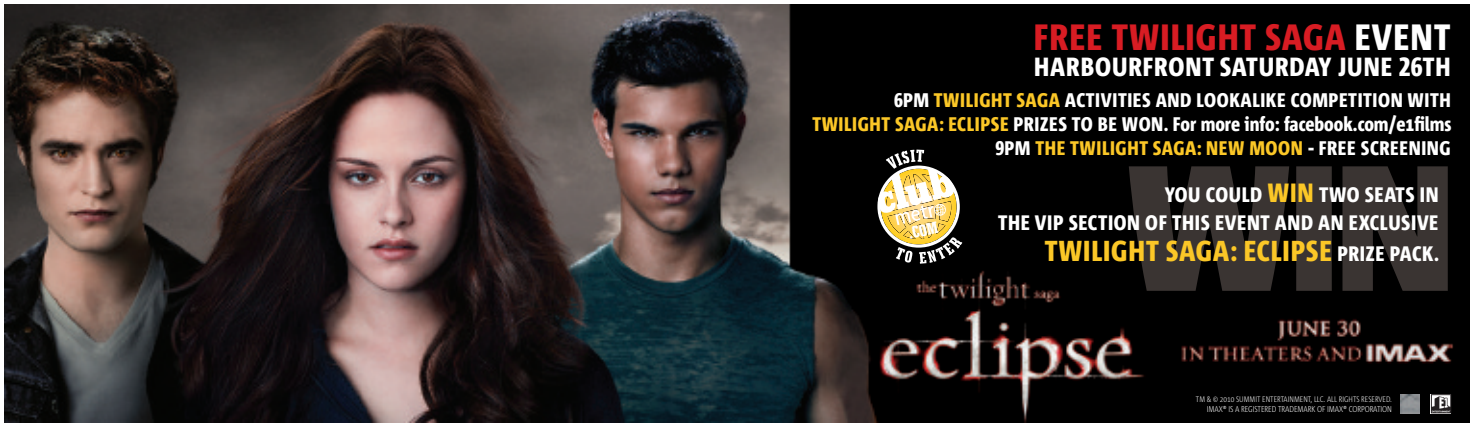
But piloting one of these aerial advertising missions involves dangerous manoeuvers and complex techniques that may have led to the death of a young Whitby man near Buttonville airport Sunday.

Andrew Archer, 23, was on an aerial advertising mission late Sunday afternoon when his plane crashed into a parking lot in the 16th Avenue and Highway 404 area near Buttonville Municipal Airport.

The aircraft, a black Cessna 172, was owned by Skywords Inc., a Toronto-based company that offers "outdoor advertising solutions" to businesses, as well as airborne traffic reports.

According to some members of the aviation community, aerial advertising is a low-paying entry-level job that many young pilots like Archer choose to do in order to log more flying hours required for other positions. However, due to the aggressive manoeuvring the pilots have to complete at a low altitude, the job is potentially quite dangerous, exposing young pilots to an inordinate amount of risk.

TORSTAR NEWS SERVICE



**G20 closures won't stop the fun at Ontario Place**
Ontario Place won't let the G20 summit hamper your plans to enjoy the summer and is offering discounted pricing this Friday to Sunday. For more information, visit www.ontarioplace.com or call 416-314-9900. METRO NEWS SERVICES

# Tear gas 'not fun': Protest vet

**G20 Summit**

**In what's likely an understatement, Justin Saunders says "it's really not fun" to experience the eye-watering, cough-inducing effects of tear gas.**

He estimates he was tear-gassed directly about 25 times during the Quebec City Summit of the Americas in 2001, and even when he wasn't in the line of fire, it was "still kind of everywhere — it got on everything."

"I noticed it hit my throat first, and it's difficult to breathe. You usually cough. There's a lot of mucus production," recalls Saunders, an organizer with the Toronto Community Mobilization Network.

"If your eyes are unprotected, then that's the next biggest thing that you notice. Your membranes start tearing up and it's difficult to see because there's so much production of that, so usually you have to have it flushed out, or you have to wait for a really long period of time before it calms down."

If police do pull tear gas canisters from their arsenal during protests at the G20 summit, Saunders and an ad hoc group called Toronto Street Medics he's helping to organize will be on the ground and ready to help those who are feeling the effects.

They will be carrying water for flushing people's eyes, as well as first-aid kits with bandages and supplies to tend to anyone who might get injured or feel unwell.

TONY BOCK/TORSTAR NEWS SERVICE

Craig Balish, of AAA Army Surplus on Baldwin Street, models the Canadian version of the $90 gas masks the store is selling.

**"Your membranes start tearing up and it's difficult to see because there's so much production of that."**
Justin Saunders

Likewise, the big downtown hospitals are preparing for an out-of-the-ordinary weekend.

Dr. Howard Ovens, director of the Schwartz/Reisman Emergency Centre at Mount Sinai Hospital, said all hands will be on deck.

"We are hoping that there will be no major incidents that would require health-care intervention, but just in case there are we have reviewed things that we might encounter — including exposure of people who may be in or near a protest to irritants such as tear gas or pepper spray." THE CANADIAN PRESS

# No recovery without jobs, unions urge world leaders

**LABOUR** International labour organizers say they have a message for world leaders ahead of the G8 and G20 summits: Things must change.

Leaders of the International Trade Union Confederation, which is holding its world congress in Vancouver ahead of the summits this week, say they will tell leaders there won't be economic recovery without jobs.

In fact, a large part of the confederation's second World Congress, entitled Now The People, will look at the global economic crisis and how the congress believes leaders should proceed.

The group's general secretary, Guy Ryder, and Canadian Labour Congress president Ken Georgetti met with Prime Minister Stephen Harper Friday to relay the message.

Ryder said global economic recovery is extremely fragile and unemployment levels are still far too high. "I take away from the meeting his repeated phrase — and I welcome it — that between fiscal consolidation and job creation, he said, 'It's a balancing act.'" THE CANADIAN PRESS

**176M**

The confederation, which represents 176 million union workers around the globe, will also meet with German Chancellor Angela Merkel, Australia's Kevin Rudd and other world leaders during the upcoming G20 and G8 summits.

# Final security precautions underway

**SAFETY** The remaining security preparations, including blast-resistant window film, are being put up downtown as people begin vacating it for the upcoming G20 summit.

Workers from Convenience Group Inc. were putting up the thin clear material outside the Solaris jewelry store at the TD Canada Trust towers yesterday. The coating helps to hold glass together in case of shattering, reducing the possibility of flying shards and injuries.

Statues and signs around First Canadian Place have been boarded up with plywood to protect them from potential vandalism. Decorative flower pots have also been removed along Bay Street.

Police officers were already stationed around downtown as a precaution. Dozens of York region police officers congregated in front of the Royal Bank tower near Wellington Avenue and Bay Street yesterday morning, waiting for their day's assignments to be relayed by radio. "We're on a need-to-know basis," said one officer.
TORSTAR NEWS SERVICE

# Lawyer lambastes minister for bank bombing remark

**COMMENTS** A lawyer for one of the men accused of firebombing an Ottawa bank is taking the government to task for commenting on the charges.

Public Safety Minister Vic Toews put out a statement Saturday applauding police for "making our communities safer." Lawrence Greenspon says it's inappropriate for public figures to talk about a case before the courts.

Greenspon represents Ottawa resident Roger Clement — one of two men charged with arson causing damage.

An anti-establishment group calling itself FFFC-Ottawa claimed responsibility for the May bank attack and promised to be present at the G8 and G20 summits. THE CANADIAN PRESS

# Malaysia **Coming soon to Toronto?**

LASSANG SIN/THE ASSOCIATED PRESS

Protesters run as police fire a water cannon during a demonstration in downtown Kuala Lumpur in this August 2009 photo. Local police have added a water cannon to their arsenal as they step up security ahead of this week's G20 summit.

## **News** in brief

**DRIVING** Bruce Newton says he just forgot to renew his driver's licence — for 30 years. The otherwise law-abiding Newton continued driving illegally for three decades. That is, until last month, when the retiree was charged with driving without a licence after he was pulled over for a minor traffic infraction while on his way to visit his daughter in Penetanguishene. Newton may also have some explaining to do when a judge asks how he continued to obtain vehicle insurance while he was driving without a licence. Newton says he worked in the insurance industry. TORSTAR NEWS SERVICE

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**Rogers looks to add to radio holdings**

The broadcasting arm of Rogers Communications Inc. plans to expand its radio holdings in Ontario with the purchase of CTV's BOB-FM in London, once the deal gets regulatory approval. THE CANADIAN PRESS

## Cancer **Metro pitches in**

ALOY PINTO/FOR METRO TORONTO

Metro Toronto is proud to support the Canadian Breast Cancer Foundation and Prostate Cancer Canada through proceeds raised at the 2010 Metro golf tournament. From left: Grant Newbigging, Metro Toronto senior national account manager; Bill McDonald, Metro English Canada Group Publisher; Savitri Ponnambalam, Canadian Breast Cancer Foundation; Charlene Criscione, Prostate Cancer Canada; Irene Patterson, Metro Toronto Associate Publisher; and Jessica Fife, Metro Toronto marketing and promotions assistant.

# Animal search grows

## Official fears stolen tiger may be deprived of water

**The net is being cast wide for two camels and a tiger that were stolen last week in an incident that is drawing international attention.**

U.S. border crossings and weigh stations around Quebec have been alerted to watch out for the trailer containing the animals. Zoos have been contacted to see if anyone has tried to sell the animals.

Concern is high for one of the beasts — a three-year-old tiger named Jonas, whose life could be in danger if he's not getting water.

> **"It's been over 72 hours right now and (the tiger's) body is slowly starting to shut down."**
> Stefanie MacEwan, Bowmanville zoo

Stefanie MacEwan, head keeper at the zoo in Bowmanville, which owns the animals, said yesterday it's "extremely critical" the tiger get fluids.

"It's been over 72 hours right now and his body is slowly starting to shut down."

The camels are biologically built to withstand extreme conditions and can go up to 10 days without any water, MacEwan said.

A massive search was launched by Quebec provincial police after the animals were reported stolen Friday. The theft has received international media attention around the world on news websites including India, Africa, New Zealand and Britain's BBC.

THE CANADIAN PRESS

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# Who said the sky's the limit?

AMERICAN EXPRESS®

**Teacher preps for cross-Canada ride to raise money**

The vice-principal of a school in rural Nova Scotia has raised almost $60,000 in pledges as she prepares for a cross-Canada bike ride to raise funds for childhood cancer research. Gym teacher Suzanne Delaney says training for the 15-day, 7,000-kilometre ride is going well. THE CANADIAN PRESS

# Canada

## Canada gets new top soldier

**Lt.-Gen. Peter Devlin, left, took over as head of the army yesterday during a ceremony at Canada's war museum in Ottawa. A veteran of exchange service with the U.S. in Iraq, Devlin is an infantry officer who started out 32 years ago with the Royal Canadian Regiment. Devlin replaces Lt.-Gen. Andrew Leslie, who moves over to become chief of transformation, an advisory post meant to help shepherd the Canadian Forces into its post-Afghanistan role.** THE CANADIAN PRESS

# Cardinal getting Vatican post?

## Group protests rumoured promotion

**Canada's highest-ranking Catholic doesn't deserve a rumoured promotion to the Vatican because of the way he's handled the church sex-abuse scandal, a victims' group said yesterday.**

The group's founder said Marc Cardinal Ouellet had repeatedly refused to apologize for crimes committed within the church, and for the hundreds of lives destroyed.

Pope Benedict is reportedly set to name the prominent cardinal to the powerful Congregation of Bishops, which advises the pope on the selection of bishops. Ouellet's office has not confirmed the rumours.

The head of the victims' group made the comments outside a Quebec City courtroom following the appearance of an alleged pedophile priest.

France Bedard, head of L'Association des Victimes de Pretres, a group that assists victims of sexually abusive priests in Quebec, said Ouellet's rumoured promotion is unmerited.

"There are lives that are completely destroyed and that's why I've been asking for years that Cardinal Ouellet repair the damage that pedophile priests have done," Bedard said. "The promotion that he might be getting is really undeserved. He has been very silent about the victims."

The Quebec archdiocese did not immediately return a call seeking comment on Bedard's remarks.

Ouellet

Ouellet, 66, is currently the Roman Catholic Primate of Canada. He was recently at the centre of controversy over comments he made about abortion being an unjustifiable moral crime, even in rape cases.

That remark was condemned by a variety of actors ranging from the federal government, to provincial politicians in Quebec and feminist groups.

Last week, a report from a well-connected Italian blogger linked Ouellet as a successor to Giovanni Battista Cardinal Re, 76, the current prefect of the Congregation of Bishops, who is nearing retirement.

Bedard, who herself was the victim of sexual abuse by a priest, has long accused Ouellet of remaining silent in such cases, including one case currently making waves in Quebec.

The criminal case against Rev. Raymond-Marie Lavoie, accused of sexual crimes against 11 former students during the 1970s and 1980s at a seminary near Quebec City, was put off yesterday until Sept. 20.

THE CANADIAN PRESS

THE CANADIAN PRESS/HANDOUT

Sgt. James MacNeil, 28, was killed yesterday in Afghanistan.

# Another death in Taliban's birthplace

**WAR** A Canadian soldier on his fourth tour of Afghanistan has become the latest victim of the war against the Taliban.

Sgt. James MacNeil, 28, of Glace Bay, N.S., was killed by an improvised explosive device yesterday morning near the village of Nakhonay after he had dismounted from his armoured vehicle.

It's the second straight Canadian death in Nakhonay, about 15 kilometres southwest of Kandahar city. Nakhonay is in the Panjwaii district that is known as the birthplace of the Taliban.

It has been a bloody battleground for Canadian troops since they arrived in Kandahar province in strength four years ago.

Dozens of Canadians have been killed or wounded in the restive district. While villages and towns have been repeatedly cleared, the Taliban have quietly reasserted themselves in parts of the region.

**89** Of the 148 Canadians killed in the Afghanistan mission, 89 — or about 60 per cent — have resulted from improvised explosive devices, including roadside bombs. IEDs have accounted for eight of 10 Canadian deaths this year.

Prime Minister Stephen Harper paid tribute to MacNeil and sent condolences to the soldier's family, friends and comrades.

"May you be consoled by the knowledge that an entire country stands behind you in your grief," Harper said in a statement.

THE CANADIAN PRESS

# Water level drop sparks wary relief

**WEATHER** Relief tempered with caution is spreading through southeastern Alberta where there's been severe flooding due to heavy rain.

Ronald Robinson, fire chief in Medicine Hat, says water levels on the South Saskatchewan River are lower than expected.

He also said the amount of rain forecast is also less than first anticipated.

But officials are still waiting to see what develops as Environment Canada has issued severe weather warnings for most of southern Alberta, including the southeast.

The forecast is for up to 30 millimetres of moisture.

It is expected to taper off today as the system moves into already-soggy Saskatchewan and dumps more precipitation there.

THE CANADIAN PRESS

## News in brief

**HST** Members of the Batchewana First Nation are blocking the railway track in front of their band office in northern Ontario over the province's planned HST exemption. THE CANADIAN PRESS

*Top U.S. military officials appeal for ally support in anti-Taliban mission.*

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**Bombardier to get new work: Expert**

Bombardier Inc. is expected to announce new orders at next month's air show at Farnborough, U.K., an industry analyst said. THE CANADIAN PRESS

## Edmonton **Bomb ruled out in explosion**

JOHN ULAN/THE CANADIAN PRESS

Edmonton Police Service investigators comb through the rubble of a residential explosion scene yesterday in a northeast Edmonton neighbourhood. Police say they have ruled out a drug lab or bomb as the cause of the explosion that killed at least four people and injured a number of others. Police said however it is still possible the blast was triggered by some form of criminal activity.

# Overturn convictions: Lawyer

**The lawyer for a man who spent 26 years in prison for a series of sex attacks in Vancouver says the B.C. Court of Appeal should overturn those convictions.**

The Crown and defence have agreed the methods used by investigators to identify Ivan Henry as a suspect were questionable.

His lawyer, David Layton, says Henry should not face a new trial because the evidence against him is too weak.

The court agreed to hear Henry's appeal last year after a government-appointed lawyer found there may have been a miscarriage of justice in his convictions for rape and indecent assault involving eight women.

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**Iran says it bans two UN nuclear inspectors**

Iran said yesterday it had banned two UN nuclear inspectors from entering the country because they had leaked "false" information about the country's disputed nuclear program. THE ASSOCIATED PRESS

# World

## Ethiopian PM re-elected

**Ethiopia's election board says the ruling party has won national elections by a landslide. Board chairman Merga Bekana said yesterday's final results install Prime Minister Meles Zenawi, left, for another five years and give his party the majority of seats. Bekana said the May 23 poll was peaceful, fair, credible and free.** THE ASSOCIATED PRESS

## Convicted killer arrested on child porn charges

**ENGLAND** British prosecutors said yesterday that a man convicted of murdering a toddler in 1993, when he himself was just 10 years old, has been charged with child pornography offences.

Jon Venables, 27, was charged with downloading and distributing indecent photographs of children. Venables was indicted earlier, but the charges could only be reported yesterday after a judge ordered some reporting restrictions lifted.

Venables and another 10-year-old, Robert Thompson, lured two-year-old James Bulger away from a shopping centre in Liverpool in 1993 and beat him to death by an isolated railway line.

The crime shocked Britain because of the ages of the victim and his baby-faced killers, and was seared into the national memory through closed-circuit video footage of the two older boys leading the toddler away to his death.

Venables and Thompson were released from juvenile detention in 2001.

Jon Venables is seen in this 1993 police photo.

THE ASSOCIATED PRESS

## Cost to BP: $1B a month

### Oil giant's stock continues slide as price tag grows

**BP has spent $2 billion US in two months of fighting its Gulf of Mexico oil spill and compensating victims, with no end in sight to the disaster or the price tag.**

The British oil giant released it's latest tally of response costs yesterday, including $105 million paid out so far to 32,000 claimants. The figure does not include a $20-billion fund that BP PLC last week agreed to set up to continue compensating Gulf residents and businesses.

There are also scores of lawsuits piling up against BP for the April 20 rig explosion that killed 11 workers and ensuing oil spill that has yet to be capped.

**470 million**

High estimate in litres of oil spilled into the Gulf of Mexico so far.

Also yesterday, the man U.S. President Barack Obama picked to run the $20-billion damage fund said many people are in "desperate financial straits" and need immediate relief.

"Do not underestimate the emotionalism and the frustration and the anger of people in the Gulf uncertain of their financial future," Kenneth Feinberg told interviewers. "It's very pronounced. I witnessed it first-hand last week."

Feinberg, who ran the victims claim fund set up in the wake of the Sept. 11, 2001, terrorist attacks, said he is determined to speed up payment of claims.

Shares of BP, which have lost about half their value since the rig Deepwater Horizon burned and sank, were down nearly five per cent yesterday in London trading at $5.06.

The best hope of ending the disaster rests on teams drilling two relief wells meant to stop the seafloor oil gusher, a daunting task: Their drills have to hit a target roughly the size of a salad plate about five kilometres below the water's surface.

THE ASSOCIATED PRESS

## News in brief

**JAPAN** The Cove, an Oscar-winning film about a dolphin-hunting village in Japan, will be shown in the country next month, despite pressure from groups that caused several theatres to cancel screenings. Initial screenings of the film at three other theatres were cancelled early this month after protests by nationalist groups, who say the film is anti-Japanese, distorts the truth, and has deep connections with a militant anti-whaling organization.

THE ASSOCIATED PRESS

*Relatives of murdered sweetheart couple hope culprit finds "special place in hell."*

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**South Korea reports high radiation levels**

High radiation levels were detected near the border after North Korea claimed to have mastered technology for a hydrogen bomb, Seoul said yesterday. THE ASSOCIATED PRESS

# Jerusalem approves plan to raze Palestinian homes

**A Jerusalem planning body yesterday approved a plan to raze 22 Palestinian homes in east Jerusalem to make room for an Israeli tourist centre, a decision that could raise tensions in the divided city and deepen the conflict with the Obama adminstration.**

Back in March, Prime Minister Benjamin Netanyahu had pressured Jerusalem Mayor Nir Barkat to hold up the plan so authorities could consult with Palestinians who would lose their homes — a delay that appeared to be aimed at fending off criticism from the U.S.

"Now, after fine-tuning the plan and seeking more co-operation with the residents as far as their needs and improving the quality of their lives, the municipality is ready to submit the plans for the first stage of approval," said Barkat's spokesman, Stephan Miller, before the city's planning commission agreed to the plan. Final approval, which would require an Interior Ministry green light, could take many more months.

THE ASSOCIATED PRESS

## India **Delhi's new metro**

GURINDER OSAN/THE ASSOCIATED PRESS

A girl rides on the Delhi Metro Rail train yesterday in Gurgaon, India. The newly launched metro is the pride of the city of 14 million, where commuters were long forced to rely on rickshaws, motorcycles or smoke-belching buses.

## **News** in brief

**INDIA** Ministers called yesterday for the government to extradite the former head of Union Carbide and pursue liability claims against Dow Chemical as part of a new push for justice in a 1984 gas leak that killed 15,000 people, a minister said. THE ASSOCIATED PRESS

# All is Not Lost

If your pet goes missing, Toronto Animal Services wants you to act quickly.

"Healthy animals may be listed as 'stray or found' for as little as five working days before being put up for adoption," says Susan Shearstone, a TAS supervisor. During that period, the animal will be vaccinated and treated for common parasites and grooming issues. However, the volume of animals received by TAS means no animal can be held from a new home for long. So how can you ensure your pet returns safely to yours?

"New arrivals are listed on our lost pets webpage, accessible through *www.toronto.ca/animalservices*," says Susan. "If you see a familiar photograph, click on it to obtain the phone number of the Animal Centre where the pet is housed."

Even if you don't see your pet online, you can still take action. Visit your local Animal Centre every 48 hours. Post flyers in the area where your pet was last seen, around your neighbourhood, and at veterinarian's offices, supermarkets, and other high visibility locations. Better yet, license your pet before it goes missing.

In 2009, some 60 per cent of stray dogs received by TAS were reunited with their owners; however, a mere 4 per cent of cats were so lucky. A licence makes a difference. And it's a small price to pay for having a loved one home again.

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# Suspect's warning

**Calling himself a Muslim soldier, a defiant Pakistan-born U.S. citizen pleaded guilty yesterday to carrying out the failed Times Square car bombing and left a sinister warning that unless the U.S. leaves Muslim lands alone, "we will be attacking U.S."**

Faisal Shahzad entered the plea in U.S. District Court in Manhattan just days after a federal grand jury indicted him on 10 terrorism and weapons counts, some of which carried mandatory life prison sentences. He pleaded guilty to them all.

U.S. District Judge Miriam Goldman Cedarbaum challenged Shahzad repeatedly with questions such as whether he had worried about killing children in Times Square.

"One has to understand where I'm coming from," Shahzad calmly replied. "I consider myself ... a Muslim soldier."

The 30-year-old described his effort to set off a bomb in an SUV he parked in Times Square May 1. He said he conspired with the Pakistan Taliban, which provided more than $15,000 to fund his operation.

THE ASSOCIATED PRESS

## News in brief

**HEALTH** U.S. President Barack Obama will announce new health insurance benefits for American consumers today, marking the first 90 days since he signed landmark legislation to expand coverage. The United States is the only major industrial democracy that lacks a national health insurance system, leaving tens of millions of Americans uninsured at a given time.

**SUDAN** More than two dozen gunmen attacked Rwandan peacekeepers yesterday in the ravaged Darfur region of Sudan, killing three of them in an hour-long fire fight, a spokesman for the international mission said. The peacekeepers were providing security as the joint United Nations-African Union mission built a new base in West Darfur's Jebel Marra region.

THE ASSOCIATED PRESS

## England **Double vision**

IAN GAVAN/GETTY IMAGES

Pearl and Ruby Day pose yesterday after winning the Duo Wispa British Identical Twins competition in London, England.

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## Comment

# Closer to controlling the message

NationalReport
Lawrence Martin

metronews.ca/nationalreport

Anyone who has worked with Stephen Harper will tell you his No. 1 priority is message control. Control the message and you control outcomes.

That's why, upon becoming prime minister in 2006, he put in place the most all-encompassing vetting system Ottawa had ever seen. Nothing could go out, not even the most minor of communications, without approval from head office.

But to control the message, you have to have influence in the media. So how's this for a coup? Harper now has one of his former directors of communications, Kory Teneycke, as de facto boss of Sun Media coverage. The same Teneycke is also leading the bid from the same organization to create a new conservative television network.

On the newspaper side, Teneycke has already overhauled Sun Media's Ottawa bureau. Several good reporters have been moved out. The replacements are good reporters as well. But anyone who doesn't think they will be under pressure to provide a Conservative spin is deluding themselves. The changes were made for a purpose. The purpose was hardly to have the new hires rushing out to hold the government's feet to the fire.

On the TV side, the new network needs regulatory approval to get up and running. The CRTC will be under tremendous pressure to provide it. As has been demonstrated, Harper does not take kindly to tribunals or commissions that go against his wishes. Those who sit on them can be replaced or have their decisions overturned. Chances of the PM standing idly by and watching this network proposal get shelved are next to nil.

The new network won't be as biased as Fox News in the United States, its promoters claim. But in attacking the work of the CBC's Don Newman, they showed their true colours. If they had one-half the experience, the depth and the erudition of Newman, they should consider themselves lucky.

Having one of his former promoters running Sun Media is just one of two great media turns for the prime minister. The other was the recent auction of the Canwest newspapers. Just when it looked like the conservative flagship, The National Post, and the chain's other big-city newspapers were about to be taken over by liberally inclined buyers, Canwest's Paul Godfrey came to the rescue with an 11th-hour bid that will keep the papers in the conservative stable.

Harper stood on the verge of losing the media balance of power in the country. Not only has he maintained it. He has now increased it.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

## Worth mentioning

# Afghan opiate use doubles in five years

Drug addicts as young as one month old. Mothers who calm their children by blowing opium smoke in their faces. Whole communities hooked on heroin with few opportunities for treatment.

Use of opiates such as heroin and opium has doubled in Afghanistan in the last five years, the UN said yesterday, as hundreds of thousands of Afghans turn to drugs to escape the misery of poverty and war.

Nearly three per cent of Afghans aged 15 to 64 are addicted to opiates, according to a study by the UN Office on Drugs and Crime. The UN defines addicts as regular users.

That puts Afghanistan, along with Russia and Iran, as the top three countries for opiate drug use worldwide, according to Sarah Waller, an official of the UN's drug office in Kabul. She said a 2005 survey found about 1.4 per cent of Afghan adults were opiate addicts.

The data suggest that even as the U.S. and its allies pour billions of dollars into programs to try to wean the Afghan economy off of drug money, opium and heroin have become more entrenched in the lives of ordinary Afghans. That creates yet another barrier to international efforts to combat the drug trade, which helps pay for the Taliban insurgency.

**53**

According to the UN report, the number of regular opium users jumped 53 per cent to 230,000 in 2009 from 150,000 in 2005, while regular heroin users more than doubled to 120,000 from 50,000.

Afghanistan supplies 90 per cent of the world's opium, the main ingredient in heroin, and is the global leader in hashish production. Drug crops have helped finance insurgents and encourage corruption, particularly in the south where the Taliban control cultivation of opium poppies and smuggling routes.

Almost one million Afghans — eight per cent of the 15 to 64 age group — are regular drug users, addicted to opiates, as well as cannabis and tranquilizers, according to the report, which was based on surveys of about 2,500 drug users, community leaders, teachers and doctors.

THE ASSOCIATED PRESS

MICHAEL DE ADDER

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**Telus reaches deal with 1,000 Quebec workers**
Telecommunications company Telus Corp. has reached a tentative labour agreement with 1,000 call centre, office and maintenance workers in Quebec. THE CANADIAN PRESS

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# Envy of the world

## World leaders look at Canada for solutions

**Canada thinks it can teach the world a thing or two about dodging financial meltdowns.**

**G20 Summit**

The 20 world leaders at an economic summit in Toronto this weekend will find themselves in a country that has avoided a banking crisis where others have floundered, and whose economy grew at a 6.1 per cent annual rate in the first three months of this year. The housing market is hot and three-quarters of the 400,000 jobs lost during the recession have been recovered.

World leaders have noticed: President Barack Obama says the U.S. should take note of Canada's banking system, and Britain's treasury chief is looking to emulate the Ottawa way on cutting deficits.

The banks are stable because, in part, they're more regulated. As the U.S. and Europe loosened regulations on their financial industries over the last 15 years, Canada refused to do so. The banks also aren't as leveraged as their U.S. or European peers.

George Osborne, Britain's treasury chief, has vowed to follow Canada's example on deficit reduction. "They brought together the best brains both inside and outside government to carry out a fundamental reassessment of the role of the state," Osborne said in a speech.

THE ASSOCIATED PRESS

*Good news for the economy: The commercial real estate market is on the rise.*
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# Biovail to merge with Valeant

**DEAL** Canada's largest publicly traded pharmaceutical company, Biovail Corp., has agreed to merge with Valeant in a $3.2-billion US deal that will likely result in hundreds of job cuts over the next year as management works to refocus the business.

The combined company will be called Valeant Pharmaceuticals International Inc. The merger will also mean deep job cuts between the two firms, with total headcount reduction between 15 and 20 per cent — or between 660 and 880 jobs.

The merged company's CEO will come from Valeant, but Biovail's current shareholders will own slightly more than half of all the stock and the corporate headquarters will be in Mississauga, where Biovail is based.

THE CANADIAN PRESS FILE PHOTO

**Biovail's founder, chairman and CEO Eugene Melnyk left the company in 2007 and in early 2008 began an unsuccessful attempt to have his own nominees elected to the board of directors.**

Combined, the companies had about $1.65 billion US in revenue in 2009.

Biovail makes the antidepressant Wellbutrin XL and extended-release pain drug Ultram ER.

Valeant, based in Aliso Viejo, Calif., sells treatments for chronic illnesses and generic drugs.

The new Valeant will remain a Canadian-based corporation, listed on both the Toronto and New York stock exchanges.

THE CANADIAN PRESS

## Business in brief

**MINING** HudBay Minerals Inc. has appointed David Garofalo, most recently chief financial officer of Agnico-Eagle Mines Ltd., a Toronto-based gold mine, as its new president and chief executive officer, the fourth person to hold that position in less than two years.

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## Study sees worker shortfall by 2014

**ENERGY** A new study predicts a major labour shortfall in Canada's energy sector. Consulting firm Mercer says the industry could see a shortage of 24,000 workers by 2014.

Mercer looked at 135 Canadian oil, natural gas and utility companies.

It says the workforce is becoming increasingly divided between the baby boomer generation, 45 and older, and employees younger than 30.

Mercer also says companies need to do more to build talent within their ranks, rather than looking outside. THE CANADIAN PRESS

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

# Dos and don'ts for a good credit score

AlisonOnMone

by Alison Griffiths
griffiths.alison@gmail.com

When was the last time you checked your credit history and score? If it was within six to 12 months go to the head of the class. If you said never or a couple of years ago then you don the dunce cap.

A strong credit score has never been more important. A poor one can stand in the way of everything from getting a car loan, a mortgage or even renting an apartment.

You can access an abbreviated credit report free from equifax.ca or transunion.ca. A full report plus your score will cost from $7.95 to $23.95. A credit score of 750 or above from either agency is considered good.

Here are some tips for a credit history.

- Do pay your bills on time. Late payments will drag down your score.
- Do pay at least the minimum plus a bit more on any bill, loan, line of credit or credit card.
- Do check your monthly bank and credit card statements to make sure every charge is correct.
- Do read your credit card statements for changes to things like interest rates and fees.
- Do contact creditors (including utility, phone and insurance companies) if you are having trouble paying your bills. You may get some extra time before the company reports late or non-payments.
- Do build up a strong history with regular credit card use but pay the balance in full every month.
- Don't go over your credit card limit and don't dip into your overdraft regularly. Both will lower your credit score.
- Don't apply for too many retail credit cards. You may get a discount on purchases when you apply but having a large amount of credit available, even if you don't use it, can lower your credit score.
- Don't delay in reporting suspicious transactions on any bank account or credit card.
- Don't be tempted with Buy Now Pay Later schemes if your credit score is marginal or poor as many of them are actually credit cards and will affect your score.

**Alison's Money Rule**

- A healthy credit score is like a newborn. Treat it well and you'll receive a lifetime of dividends.

Alison Griffiths' show Maxed Out appears Wednesdays at 10:30 p.m.
alisongriffiths.ca

# Choose the right insurance policy

**HOME INSURANCE** We all know we should insure our homes, but when it comes to choosing the right policy, many of us don't know what is — or isn't — covered. Answering some of the most common questions, Henry Blumenthal, vice-president and chief underwriter for TD Insurance, offers his insight.

**What does a typical home insurance policy cover?**

A standard home insurance policy will ensure that if something like fire, vandalism or theft occurs, your property will be looked after and your valuables replaced. This type of policy is called "named perils" since it provides protection based on a list of the most common risks.

**When do you need additional insurance?**

A standard home insurance policy has limitations in theft coverage for items, such as jewelry and furs, bicycles, cash, boats and motors. If you have any of these special items, it's a good idea to consider adding additional coverage to your policy. If you're unsure, call your insurance provider to confirm that your valuables are covered.

For more comprehensive building coverage, homeowners can opt for "all risk" coverage, which insures your building for everything unless it is specifically excluded from your policy. Given that your home is often your most valuable investment, most homeowners opt for all risk coverage.

**Are there any considerations I should keep in mind when choosing a policy?**

Depending on where you live, you may want to purchase additional coverage to protect your home from unique circumstances, such as earthquakes or flooding. For example, TD Insurance offers water damage coverage as an add-on to home insurance. While home insurance does offer some water damage coverage, there are limits to this protection. An insurance expert can help identify what additional coverage will best suit your needs.

**Replacement cost**

- Most standard insurance policies provide for the actual cash value (ACV) replacement of your belongings. This means you receive the value of the item, minus depreciation. To ensure that the contents of your home are valued at the current cost to replace them, you can choose to add replacement value to your insurance policy.

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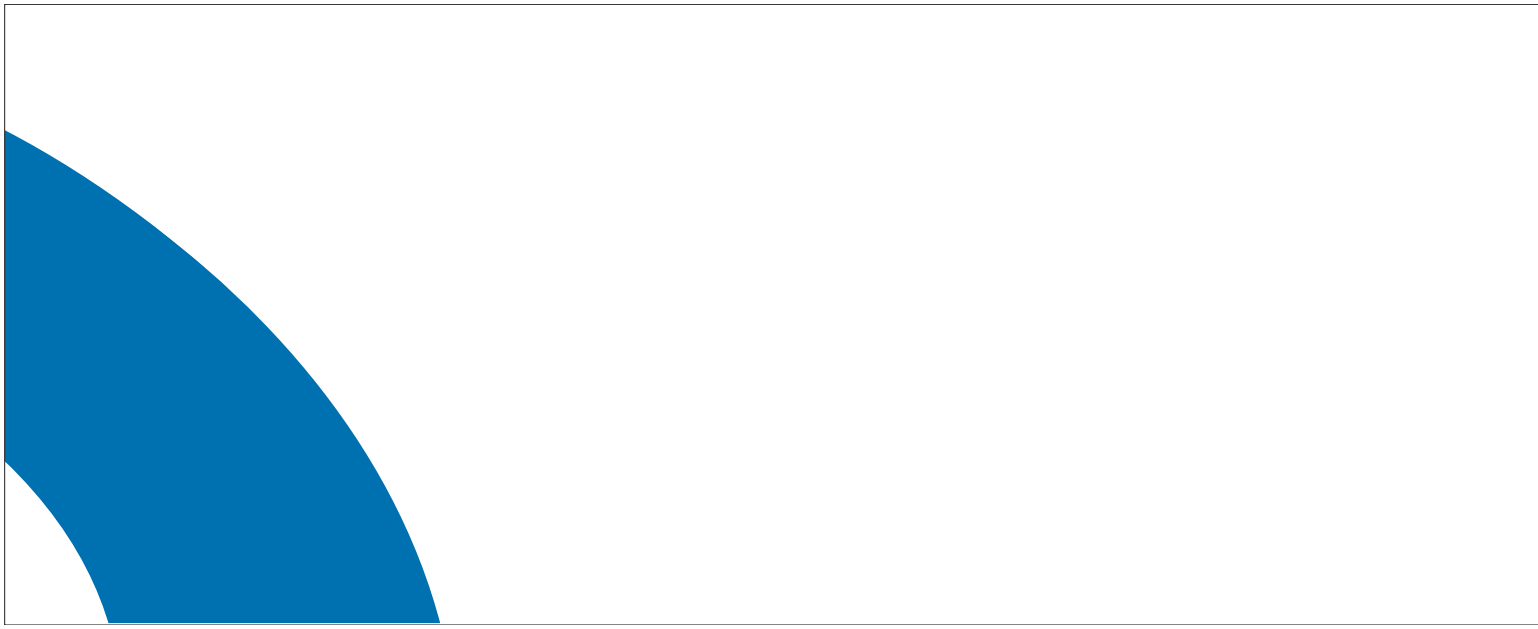

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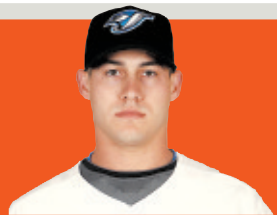
**The 'Fridge' improving from immune system condition**

The brother of former NFL star William Perry says the "Fridge" has some hearing loss but is improving from a condition in which the body's immune system attacks nerves. Fellow NFL standout Michael Dean Perry said yesterday his 47-year-old brother has regained most of his strength and is back up to about 330 pounds as he recovers in his South Carolina home. THE ASSOCIATED PRESS

# Sports



## More surgery for McGowan

**Toronto Blue Jays right-hander Dustin McGowan, left, will undergo arthroscopic surgery on his troubled right shoulder today. McGowan recently felt sharp pains in his shoulder, the latest setback in a comeback attempt from labrum surgery in July 2008. Blue Jays general manager Alex Anthopoulos said the earliest McGowan will be back is 2011, and it could even be 2012.**

THE CANADIAN PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

## Sports in brief

**NHL** Jason Spezza's days in Ottawa could be numbered after general manager Bryan Murray admitted yesterday the star centre told the team this spring he "wouldn't object" to a trade. And while Murray still expects to have Spezza back in the Senators lineup next season, he also said he would be open to the right deal.

**PARADE** Hundreds of thousands of screaming, fist-pumping, flag-waving fans saluted the world champion Los Angeles Lakers yesterday during a one-hour parade that left no doubt that expectations for a three-peat are high. The parade capped a season that ended Thursday with an 83-79 Game 7 victory over the Boston Celtics and a 16th NBA title for the Lakers.

METRO NEWS SERVICES

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# Federer given real fright

## Defending champ rallies past Falla in first round at Wimbledon

**Six-time champion Roger Federer overcame a two-set deficit to avert a monumental first-round upset at Wimbledon, beating Alejandro Falla 5-7, 4-6, 6-4, 7-6 (1), 6-0 yesterday.**

Federer has reached the tournament final each of the past seven years, but he barely survived the traditional opening match on Centre Court as defending champion.

"I live another day," Federer said. "This one is one I should have lost. That's sometimes how grass-court tennis works."

Falla, ranked 60th, had lost all 11 sets in his previous four matches against Federer, but the Colombian played brilliant tennis to take charge of the match early. The turnaround came in the fourth set with Falla serving for the match and three points from victory, when Federer broke for only the second time.

He played his best tennis of the day after that. It's the third time in a row he has won after losing the first two sets at a Grand Slam event, but the close call was a new experience in such an early round.

"You definitely feel uncomfortable," Federer said. "For me, it's not normal to be down two sets to love. Especially at Wimbledon and early on in Grand Slams, it's something I'm not quite used to."

No. 7-seeded Nikolay Davydenko also overcame a two-set deficit, along with Kevin Anderson's 36 aces, and won 3-6, 6-7 (4), 7-6 (3), 7-5, 9-7.

No. 5 Andy Roddick, who lost to Federer in last year's epic final, began his title bid by beating fellow American Rajeev Ram 6-3, 6-2, 6-2.

Roddick never faced a break point and committed only 10 unforced errors.

In women's play, five-time champion Venus Williams beat Rossana de los Rios 6-3, 6-2.

THE ASSOCIATED PRESS

JULIAN FINNEY/GETTY IMAGES

Roger Federer of Switzerland is shown in action yesterday during his first-round match against Alejandro Falla of Colombia on Day 1 of Wimbledon in London.

### Triumph, defeat for Canadian women

- It was a mixed day for the Canadians in the women's draw. Aleksandra Wozniak of Blainville, Que., defeated Eleni Daniilidou of Greece 7-5, 7-5, while Stephanie Dubois of Laval, Que., dropped a 6-4, 6-4 decision to Kirsten Flipkens of Belgium.

# Secrecy surrounds top picks

**NHL** The Edmonton Oilers and Boston Bruins, who own the top two picks in this weekend's NHL draft, have done all they can to evaluate top prospects Taylor Hall and Tyler Seguin.

Now the teams have to figure each other out.

The Oilers aren't saying which way they are leaning, hoping to extract some concessions from the Bruins in a trade that would allow Edmonton to still draft the player it wants at No. 1 overall. The Bruins insist they will be happy at No. 2 with whichever skater the Oilers don't choose.

"Right now, as of today, we have one guy over the other. But it's very close," Bruins general manager Peter Chiarelli said yesterday in a conference call with reporters. "Nothing is really imminent now. There's no pressure. There's really no need to talk in detail right now."

Chiarelli said he spoke again with Oilers counterpart Steve Tambellini over the weekend, but until the deadline of the draft looms larger the conversations don't seem to be zeroing in on a deal. THE CANADIAN PRESS

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**French coach slams players' protest**

France coach Raymond Domenech says his players were acting like imbeciles when they protested Nicolas Anelka's expulsion by refusing to train for a match that will decide their World Cup future. France plays South Africa today. THE ASSOCIATED PRESS

# World Cup

## Slovenians confident

**Slovenia captain Robert Koren, left, believes that England's lacklustre performances against the United States and Algeria have given his side confidence of a shock victory when the teams meet in their final World Cup group match tomorrow.**

THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

## Greeks need 'match of their lives': Coach

**GROUP B PREVIEW**

**Greece** vs **Argentina**

Greece coach Otto Rehhagel is urging his players to produce the "match of their lives" to get a result against Argentina today and advance to the next round of the World Cup.

Rehhagel led Greece to a shock triumph at the 2004 European Championship but now wants an even bigger performance in the teams' final Group B match against the in-form South Americans.

"All our players must play the match of their lives and then maybe we have a chance," Rehhagel said yesterday.

Greece must beat Argentina by a three-goal margin to be sure of reaching the round of 16. Any other result would leave Greece waiting on the result of the game between Nigeria and South Korea.

Argentina coach Diego Maradona said he intended to leave captain Javier Mascherano and key strikers Carlos Tevez and Gonzalo Higuain out of the starting lineup. Argentina just needs a draw to advance from Group B.

"Can you imagine that?" Rehhagel said.

"They left (Diego) Milito out for their first two games. He fired off Bayern Munich in the Champions League and now he's only a replacement."

THE ASSOCIATED PRESS

CHRISTOF KOEPSEL/GETTY IMAGES

David Villa of Spain fires a header at the goal yesterday in a World Cup match between Spain and Honduras in Johannesburg.

# Spain returns to form

**GROUP H RESULTS**

**Spain** 2 **Honduras** 0

**Now that looked like a championship team.**

David Villa scored two goals as Spain got its World Cup pursuit back on track with a 2-0 victory over Honduras yesterday.

Villa beat three defenders in the 17th minute before goalkeeper Noel Valladares got a touch to the Spain striker's rising shot but not enough to keep it out.

Villa scored his 40th international goal in the 51st when his shot from the edge of the area deflected off a defender to go over Valladares. But Villa missed a penalty kick in the 62nd, sending it wide right.

Spain has three points and can still win Group H with a victory over Chile, which earlier beat Switzerland 1-0 to lead with six points. Switzerland has three points and Honduras has zero.

"We think this first group is very difficult and we have a tough game against Chile," Villa said. "Being world champions is a long way down the road, there's a long time to go, and many matches as well."

Honduras barely remains alive in the tournament after losing to Chile 1-0 last week.

"We lacked conviction," Honduras coach Reinaldo Rueda said. "There's nothing much to explain except that we had a superior team in front of us."

THE ASSOCIATED PRESS

### Portugal knocks out North Korea

- Portugal exploded for seven goals in its second match at the World Cup yesterday, eliminating North Korea from the tournament.
- The 2006 World Cup semifinalists finally got a goal from Cristiano Ronaldo in the 7-0 rout in Cape Town, the Real Madrid winger's first for his country in two years in competitive games.

## SCOREBOARD

**GROUP A**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Uruguay | 2 | 1 | 1 | 0 | 3 | 0 | 4 |
| Mexico | 2 | 1 | 1 | 0 | 3 | 1 | 4 |
| France | 2 | 0 | 1 | 1 | 0 | 2 | 1 |
| South Africa | 2 | 0 | 1 | 1 | 1 | 4 | 1 |

TODAY'S GAMES

Mexico vs. Uruguay, 10 a.m.
France vs. South Africa, 10 a.m.

**GROUP B**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Argentina | 2 | 2 | 0 | 0 | 5 | 1 | 6 |
| South Korea | 2 | 1 | 0 | 1 | 3 | 4 | 3 |
| Greece | 2 | 1 | 0 | 1 | 2 | 3 | 3 |
| Nigeria | 2 | 0 | 0 | 2 | 1 | 3 | 0 |

TODAY'S GAMES

Nigeria vs. South Korea, 2:30 p.m.
Greece vs. Argentina, 2:30 p.m.

**GROUP C**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Slovenia | 2 | 1 | 1 | 0 | 3 | 2 | 4 |
| U.S. | 2 | 0 | 2 | 0 | 3 | 3 | 2 |
| England | 2 | 0 | 2 | 0 | 1 | 1 | 2 |
| Algeria | 2 | 0 | 1 | 1 | 0 | 1 | 1 |

WEDNESDAY GAMES

Slovenia vs. England, 10 a.m.
U.S. vs. Algeria, 10 a.m.

**GROUP D**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Ghana | 2 | 1 | 1 | 0 | 2 | 1 | 4 |
| Germany | 2 | 1 | 0 | 1 | 4 | 1 | 3 |
| Serbia | 2 | 1 | 0 | 1 | 1 | 1 | 3 |
| Australia | 2 | 0 | 1 | 1 | 1 | 5 | 1 |

WEDNESDAY GAMES

Ghana vs. Germany, 2:30 p.m.
Australia vs. Serbia, 2:30 p.m.

**GROUP E**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| x-Netherlands | 2 | 2 | 0 | 0 | 3 | 0 | 6 |
| Japan | 2 | 1 | 0 | 1 | 1 | 1 | 3 |
| Denmark | 2 | 1 | 0 | 1 | 2 | 3 | 3 |
| Cameroon | 2 | 0 | 0 | 2 | 1 | 3 | 0 |

THURSDAY'S GAMES

Denmark vs. Japan, 2:30 p.m.
Cameroon vs. Netherlands, 2:30 p.m.

**GROUP F**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Paraguay | 2 | 1 | 1 | 0 | 1 | 1 | 4 |
| Italy | 2 | 0 | 2 | 0 | 2 | 2 | 2 |
| New Zealand | 2 | 0 | 2 | 0 | 2 | 2 | 2 |
| Slovakia | 2 | 0 | 1 | 1 | 1 | 1 | 1 |

THURSDAY GAMES

Slovakia vs. Italy, 10 a.m.
Paraguay vs. New Zealand, 10 a.m.

**GROUP G**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| x-Brazil | 2 | 2 | 0 | 0 | 5 | 2 | 6 |
| Portugal | 2 | 1 | 1 | 0 | 7 | 0 | 4 |
| Ivory Coast | 2 | 0 | 1 | 1 | 1 | 3 | 1 |
| North Korea | 2 | 0 | 0 | 2 | 1 | 9 | 0 |

YESTERDAY'S RESULTS

Portugal 7 North Korea 0

FRIDAY GAMES

Portugal vs. Brazil, 10 a.m.
North Korea vs. Ivory Coast, 10 a.m.

**GROUP H**

| | GP | W | D | L | GF | GA | Pts |
|---|---|---|---|---|---|---|---|
| Chile | 2 | 2 | 0 | 0 | 2 | 0 | 6 |
| Spain | 2 | 1 | 0 | 1 | 2 | 1 | 3 |
| Switzerland | 2 | 1 | 0 | 1 | 1 | 1 | 3 |
| Honduras | 2 | 0 | 0 | 2 | 0 | 3 | 0 |

YESTERDAY'S RESULTS

Chile 1 Switzerland 0
Spain 2 Honduras 0

FRIDAY GAMES

Chile vs. Spain, 2:30 p.m.
Switzerland vs. Honduras, 2:30 p.m.

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**Students keen on smartphones**
A national study of about 500 students conducted by a researcher at Ball State University has found that college student use of smartphones has nearly doubled this year. Fouty-nine per cent now have smartphones compared to just 27 per cent last February. METRO NEWS SERVICES

# Workology

## Hamilton goes digital

**McMaster University, Mohawk College, the Art Gallery of Hamilton and video game producer Silicon Knights are joining forces to create an institute for interactive digital media at McMaster Innovation Park. The $11-million project is positioned to bring together the skills and expertise to create digital media technologies and to turn the Hamilton into an international leader in interactive digital media.** TORSTAR NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

# Toronto could do more: Gen Y

## GBC survey says people want better affordability and environmentalism

RAFAEL BRUSILOW
for Metro Canada

**A new study shows Toronto's Gen Yers and employers think the city falls short in comparison to other world and Canadian cities on issues like immigration, innovation and employment, even though most think it's still a good place to live.**

The Toronto Next report, conducted by Leger Marketing and commissioned by George Brown College, surveyed Gen Yers aged 18-35 and hiring managers of companies with at least five employees and found that while the city scores high marks for its multiculturalism, it drops the ball in areas like affordability, innovation and integrating immigrants into the workforce.

Only 18 per cent of Gen Yers and 25 per cent of employers surveyed felt Toronto was an affordable city to live and do business in while only 28 per cent of Gen Yers and 35 per cent of employers felt the city was an environmentally friendly place compared to other Canadian cities. Less than half of all respondents felt the city is a thriving place for science and technology with roughly the same number feeling Toronto doesn't provide strong employment opportunities to immigrants.

Eighty-two per cent of employers felt the city needs to better integrate immigrants into the city better.

On comparisons to world cities, Gen Yers and employers held very similar views, with generally one-third or less of each group feeling Toronto is better than other world cities at being environmentally friendly, fostering innovation ensuring a highly skilled workforce.

Eighty-two per cent of employers felt the city needs to better integrate immigrants to fill gaps and shortages in Toronto's work force, compared to 68 per cent of Gen Yers on the same issue.

George Brown College president Anne Sado says the results show Torontonians want to see more diversity in their workforce, a good thing since immigration is still such a key component of Toronto's growing economy.

"A key concern that (respondents) noted is that we're not doing as good a job as we need to do in integrating immigrants into the workforce. We're going to need to rely on that immigrant population to advance our economy and have a positive and economically healthy city in the future," Sado said.

There is good news however: While generally less than 10 per cent of respondents said they felt Toronto deals very successfully with any single issue such as unemployment, shortage of skilled labour and post-secondary training for new jobs, the vast majority of Gen Yers (86 per cent) and employers (73 per cent) said they believe Toronto is overall a good place to live and do business respectively. In addition, 54 per cent of Gen Yers feel Toronto is a safer place to live than other world cities and another 47 per cent felt it is better for raising a family.

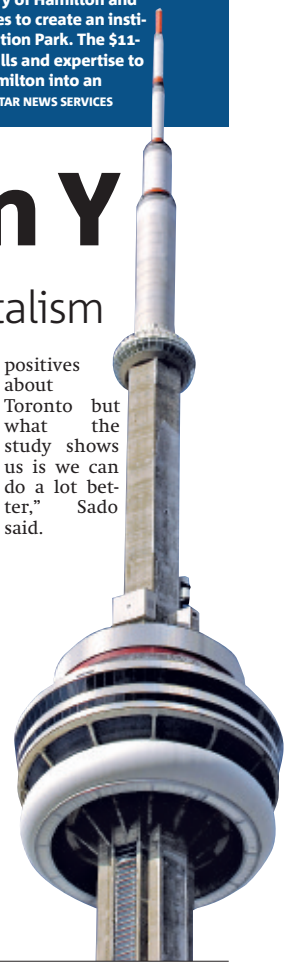
As for respondents' biggest gripes about the city, Gen Yers rated poor or underfunded public transit and traffic congestion as Toronto's worst and third-worst qualities (rated fifth- and second-worst among employers) while both employers and Gen Yers rated Toronto's cost of living and taxes as first- and second-worst respectively.

Sado says the study speaks loudly that Torontonians are thinking critically about their city.

"I really fundamentally believe there's a lot of positives about Toronto but what the study shows us is we can do a lot better," Sado said.

### Money worries

- Cost of living is one of Generation Y's main issues with living and working in Toronto.



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# Working dads feeling economic pressure

**According to an annual Father's Day survey, the struggling economy is causing many working dads to experience heavier workloads, added stress and less time spent with their families.**

One-in-10 working dads said their spouse or significant other has become unemployed in the last 12 months, with half indicating that it is causing stress at home. Forty-two per cent of working dads said they are the sole provider for their household and nearly one-in-ten (nine per cent) have taken on a second job in the last 12 months to provide for their family. This is according to CareerBuilder's annual Father's Day survey.

Leaner staffs are creating more demands at the office, making it more difficult for working fathers to achieve a healthy work/life balance. Sixty-three per cent of working dads said they work more than 40 hours per week. Three in 10 (31 per cent) working dads who take work home reported they typically bring work home five days a week or more. Thirty per cent bring work home on the weekends.

Heavier workloads and longer hours are resulting in less quality time with family. Close to four- in-10 (37 per cent) of working dads said they spend two hours or less with their children each work day. More than three-in-10 (35 per cent) reported they missed two or more significant events in their child's life due to work in the last year.

"Working dads have to be more strategic to successfully juggle both work and family commitments," said Jason Ferrara, VP Corporate Marketing at CareerBuilder and father of two. "Employers continue to place an emphasis on work/life balance. However, we find that nearly half of working dads do not take advantage of the arrangements offered to them." METRO NEWS SERVICES

### Tips

- Keep everyone in the mix: Remember that communication is a two-way street. Besides just listening to what is going on in your family's lives, talk about what is going on in your office, so everyone understands why you are away or have to do some work when you are home.
- Learn to say no: In addition to actual work, sometimes activities associated with your job can take a toll on your free time. Determine what additional activities you can turn down and which are necessary so that you can free up more of your time outside of the office.
- Develop a master family calendar: Add every family member's schedule to one master calendar so there are no surprises. Also, save vacation days for important events and talk to your supervisor about flexible work arrangements.


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SPECIAL FOCUS ON:
Pregnancy

# Health & Beauty

## Fight pregnancy skin problems

### hormones can cause many changes to women's skin in nine months

HEATHER BUCHAN
for Metro Canada

**It's no surprise that hormones play an important role in the condition of our skin. And that's why pregnant women in particular are prone to a host of unnerving skin changes including acne, pigmentation and stretch marks.**

It's increased levels in estrogen and progesterone that allow for a viable pregnancy, but it's these hormones that can also wreak havoc on the skin.

According to Danielle Edwards, the education manager at The International Dermal Institute, what happens to our skin during pregnancy is essentially out of our control.

Although that's no great comfort, she adds that you can combat pregnancy-related skin conditions simply by adjusting your skincare routine and being diligent about moisturizing your entire body every day.

Being diligent about moisturizing your body every day can help combat pregnancy-related skin conditions.

#### PIGMENTATION

The mask of pregnancy, formally called chloasma, mainly affects women with darker complexions. Essentially, it's discoloured patches of skin that form in a masklike configuration over the forehead, nose and cheeks.

This is because the cell that produces pigment, called the melanocyte cell, is controlled by estrogen, explains Edwards. The good news is that chloasma generally fades a few months after delivery.

Pregnancy also makes women more prone to hyperpigmentation, so freckles and moles become darker and more noticeable. Sun exposure can intensify discoloration, so avoid prolonged sun exposure and be sure to always wear SPF when outside.

"If you haven't been protecting yourself from the sun, hyperpigmentation becomes more difficult to treat at the end of the pregnancy," says Edwards.

#### STRETCH MARKS

Most women develop stretch marks across their belly and breasts.

"These marks are caused by tiny tears in the tissue that lies just below your skin and enables it to stretch," explains Edwards.

Depending on complexion, stretch marks can be pink, reddish-brown or dark brown. Like pigmentation, stretch marks generally fade after delivery. But the key to keeping them under control is to keep the skin supple by hydrating. Although no cream will actually stop the tearing of the skin as it stretches, applying moisturizing creams will increase the integrity of the skin.

And, Edwards recommends applying vitamin E to any stretch marks you notice forming. "It's a great skin healer," she says.

#### ACNE

The increase in estrogen and progesterone can cause sebaceous glands to release more oil, resulting in breakouts. Edwards warns that women who are prone to breakouts during their menstrual cycles are more prone to acne during pregnancy.

"On the whole, the way your body was before will govern the way it is during pregnancy," says Edwards.

Edwards recommends washing your face with a gentle cleanser both morning and night, using an oil-free moisturizer (to avoid clogging pores) and using a mild exfoliator once or twice a week.

## Pregnancy skin care no-no's

- Stay away from using pure essential oils on your skin, especially during the first and second trimesters as they can enter the bloodstream. Research is still being conducted on what type of effects they can have on fetuses.
- Avoid dermatological treatments that involve galvanic, high frequency, micro-current or laser and microdermabrasion as they pass an electrical current through the body.
- If you're unsure of any skin care ingredient, consult your doctor or dermatologist before using it.

METRO NEWS SERVICES

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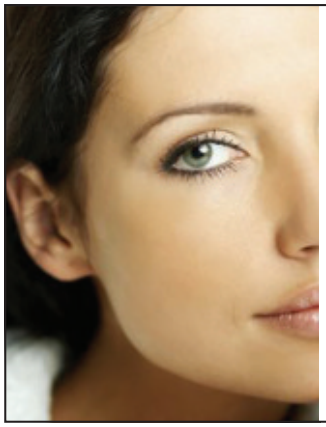
## Pregnant glow

- On the upside, many women enjoy a pregnancy "glow," which results from the greater blood volume circulating in the body, combined with a slight rise in body temperature. The skin not only plumps out, but it retains more moisture and has a soft, velvety texture that radiates.



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# 40 weeks key for babies

CELIA MILNE
for Metro Canada

**Pregnant women take note: If you have a choice, go for the full 40 weeks. Even being delivered one week early can make a difference in a child's chances of needing special education at school age, recent research suggests.**

Babies born at a full 40 weeks have fewer learning difficulties later in life than babies born prematurely or even babies born at 37 to 39 weeks, according to a new study in the U.K.

"For any woman who is considering or being considered for an elective delivery (caesarean) before term, it is important that she have a discussion with her obstetrician about the potential risks and benefits, to both mother and child, of delivering early," author Professor Jill Pell, head of the public health and health policy section of the University of Glasgow, tells Metro.

Pell and her colleagues analysed the birth history of more than 400,000 school-age children in Scotland. They found that 4.4 per cent of children born at 40 weeks had special education needs, compared to a slightly higher 4.7 per cent born at 39 weeks and 5.1 per cent of children born between 37 and 39 weeks.

A Scottish study found that babies born at 40 weeks have fewer learning difficulties later in life than babies born prematurely.

It was already known that babies born before 37 weeks had an even higher rate of special education needs. The results were the same for both vaginal and caesarean deliveries.

This U.K. finding is important because a large number of babies are born at 37 to 39 weeks' gestation, and the effect of this on learning had not been studied. The research has important implications for woman and their doctors who are scheduling an elective C-section. In the study, the children who required special educational help either had a learning difficulty such as dyslexia or autism, or a physical difficulty such as deafness or poor vision.

"The increased risk from 40 to 39 weeks is small for an individual child," says Pell. "But one-third of all children are born in the early term weeks (37-39 weeks). Therefore if you calculate the increased risk over the whole population it results in a large number of cases of special educational needs."

Many women, of course, do not have any control over when their babies are born. And even for those who do, there are so many factors that go into the best timing of a child's birth. This new finding is just one new piece of information that should be taken into account.

"The decision has to be made on an individual basis depending on the woman's own clinical circumstances. Our findings help to inform the discussion between women and their obstetricians," says Dr. Pell. "The risk of special educational needs is only one factor that should be considered alongside all the other risks and benefits."

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# Caesarean sections stay high in Canada

CELIA MILNE
for Metro Canada

**In some parts of Canada, as many as 30 per cent of babies are born by caesarean sections. That is quite high considering that the World Health Organization recommends that ideally only 10 to 15 per cent of births be by C-section.**

While many C-sections are necessary because of complications of labour, a number of birth experts believe this rate can be reduced, especially if women receive better support to deliver their babies vaginally.

Older women tend to have higher rates of caesarean, so the trend can partially explained by women waiting longer to have babies. Unnecessary caesarean deliveries increase the risk of illness and death for the mother and are more costly to the health care system, reports the Canadian Institute for Health Information.

## By the numbers

Provincial c-section stats in 2009:

- British Columbia: 31.3 per cent
- Ontario: 28.6 per cent
- Nova Scotia: 27.8 per cent
- Alberta: 27.7 per cent

METRO NEWS SERVICES

# Are you pregnant? Take a quiz

CELIA MILNE
for Metro Canada

**EDUCATION** Only a blood or urine test will ultimately tell you if you are pregnant. But a new interactive online and mobile application developed by the Society of Obstetricians and Gynaecologists of Canada (SOGC) helps you figure out your chances.

It might be a good tool to use when you are obsessing late at night — when the pharmacy is closed.

Go to sexualityandu.ca and click on the pink "Am I pregnant?" box. There, you'll find a nine-question quiz that guides you through what you need to know.

It's also quite educational for people who are sexually active for the first time.

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# Postpartum intimacy tips

Ah, new motherhood. You're sleep deprived, overwhelmed, and your breasts are feeling more feedbag than fun bags. Sex? Yeah right. Especially given that it was sex that got you into this mess in the first place!

Well, as much as it may feel like you'd be okay to never have sex again, your partner might not be so keen on the idea. And remember, you once liked the guy enough to make a baby together. Surely, there's a spark at least smoldering in there somewhere for him.

But how do you go from smoldering to hot again?

**TAKE IT EASY ON YOURSELF**

There is no rule about when you should start having sex again. The postpartum period is a time of huge changes in your life. Some women are ready for sex after six weeks, other six months. You'll know when you're ready.

**TALK ABOUT IT**

He can hardly know how you're feeling about sex if you don't tell him. And no, "Get your hands off me, it's enough with the baby sucking the life out of me without having you pawing at me" is not considered effective communication despite how true it may be.

**MAKE A DATE**

If you're not ready for sex, you can still be intimate. Date nights, baths, tender kisses and massages are all good ways to physically nurture each other until you're ready to have intercourse again.

**LOVE YOURSELF**

A lot of women feel like their body has been taken over by aliens after giving birth. Doing something nice for yourself — like getting a pedicure — will make you feel prettier, sexier and like you may actually have ownership of your body again one day. A trip to the gym will not only make you feel better physically, the endorphins and adrenalin will help kickstart your libido.

**DON'T IGNORE YOUR GUY**

New fathers sometimes feel rejected when he realizes mom's found a new first love — her baby. Make an effort to include him.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

After nine months of pregnancy and giving birth it can be hard for women and their partners to re-ignite the spark in their relationship, but there are ways to stay connected.


# KEEP IN THE KNOW AND ON THE GO

**STARTING SATURDAY, JUNE 26, 2010, THERE WILL BE CHANGES TO SOME GO BUS SERVICES.**

**12-NIAGARA FALLS GO BUS**
There will be changes to most eastbound trips from Niagara Falls to Burlington GO Station, including earlier departures.

**38-BOLTON-HWY. 50 GO BUS**
Trips will serve the new Park & Ride lot located at Hwy. 50 and Mayfield Rd. On the schedule, the stop at Hwy. 50 and Nashville/Countryside will no longer be shown, but the bus will continue to stop there. There will also be some minor time adjustments, so be sure to check the new schedule online.

**62-NEWMARKET "B" GO BUS**
GO Transit will no longer operate this route to avoid duplication of York Region Transit services in this area. Check the YRT/Viva schedules for options.

**65-BARRIE-BRADFORD GO BUS**
The weekday 5:30 a.m. southbound trip from Newmarket GO Bus Terminal will arrive at the Aurora Rd. and Hwy. 404 carpool lot five minutes later at 5:50 a.m.

The weekday 5:40 a.m. southbound trip from Aurora GO Station will arrive at the Union Station GO Bus Terminal five minutes earlier at 6:15 a.m.

Northbound and southbound trips between the King City GO Station and Union Station Bus Terminal will serve the new Maple GO Station bus loop and times have been adjusted in both directions. Plus, the stop on Keele St. just north of Major Mackenzie, will be relocated to the south side of Major Mackenzie.

**More on the GO...**

**NIAGARA FALLS GO TRAIN SERVICE**
Seasonal service between Niagara Falls and Union Station continues until September 26 on Friday evenings, weekends and holidays, with stops at Union Station, Exhibition, Port Credit, Oakville, Burlington, St. Catharines and Niagara Falls. Overnight group and day passes are available.

**PRESTO ROLLS OUT TO LAKESHORE WEST STATIONS**
PRESTO, the new electronic fare card, is now available at most Lakeshore West GO Stations. To find out about PRESTO and when it will be coming to your station, visit the PRESTO section at gotransit.com.

**WONDERLAND GO BUS**
Service between Wonderland and Yorkdale and York Mills Bus Terminals continues through October.

**CANADA DAY**
On Thursday, July 1, GO Transit will be operating on a Saturday schedule.

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# Food

## What's in a name?

**A burger with your name on it will become a reality for one lucky beef lover with Harvey's latest contest. Until July 19, Canadians are encouraged to submit a name for the hamburger chain's newest premium, home-style patty served on a warm bistro bun. Visit Harveys.ca/facebook to offer your suggestion and an explanation, which makes you eligible to win $10,000. The new name will be announced on Aug. 16.** METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

LiquidAssets

**Peter Rockwell**

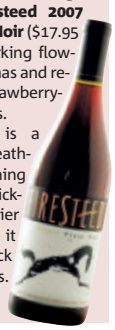
metronews.ca/liquidassets

## A warm match

Since it can be such a pain in the butt to grow – often promising heaven and then putting winemakers through hell – pinot noir has earned a reputation as the heartbreak grape. Even when it has the home vineyard advantage – as it does in France's Burgundy region – there's no guarantee of a happy ending.

That said; this fickle piece of fruit has surprised many by warming up to wineries in less traditional cooler climate areas like those in New Zealand and North America.

While the movie Sideways may have you thinking California is the only state squeezing some amazing juice out of pinot, the grape is the signature red of its northern neighbour Oregon; with the **Firesteed 2007 Oregon Pinot Noir** ($17.95 - $22.99) uncorking flowing cherry aromas and relaxed, soft strawberry-infused flavours.



Pinot Noir is a great warm weather red; matching with grilled chicken and meatier fish as well as it does laid-back summer menus.

**Personal Gourmet recipe of the month** ROSE REISMAN

# Savory meal salads

Above: Spinach Salad with Candied Pecans, Pears and Brie. Right: Shrimp, Avocado and Feta Salad.

### Spinach Salad with Candied Pecans, Pears and Brie

**PREP TIME: 15 MINUTES**
**COOK TIME: 15 MINUTES**

This is the number-one salad in my catering company. The sweet and savory combination of cinnamon-sugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this, but you won't miss it. You can easily make this a main meal salad by adding some grilled chicken or shrimp.

**SERVES 8**

**INGREDIENTS:**

- 1/3 cup pecan halves
- 3 Tbsp icing sugar
- ¼ tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- 2 Tbsp orange juice concentrate, thawed
- 2 Tbsp olive oil
- 1 Tbsp balsamic vinegar
- 1 tsp minced garlic
- ½ tsp liquid honey
- ½ tsp Dijon mustard

**METHOD:**

1. Preheat the oven to 350°F. Spray a baking sheet with cooking oil.
2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.
3. Bake for 15 minutes in the center of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.
4. Combine the spinach, radicchio, pear and brie in a large serving bowl.
5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard together in a small bowl. Pour the dressing over the salad and toss to coat. Garnish with the candied pecans.

**Per Serving:** Calories 189; Protein 4.2 g; Fat 12 g; Saturated Fat 2.7 g; Carbohydrates 13 g; Cholesterol 9 mg; Sodium 105 mg; Fiber 2.6 g

### Shrimp, Avocado and Feta Salad

**PREP TIME: 15 MINUTES**
**COOK TIME: 3 MINUTES**

This amazing salad is so filling you'll need only a small portion. Dice the avocado just before you're ready to serve, or squeeze some lemon juice over it to prevent browning if you prepare it earlier in the day. Always be sure to weigh your shrimp after it has been peeled. For each pound of peeled shrimp, you need to purchase approximately 1¼ pounds of shrimp in the shell. Purchase cooked cocktail shrimp if you don't want to bother cooking raw shrimp.

**SERVES 6**

**INGREDIENTS:**

- 16 oz large shrimp, peeled and deveined
- 3 cups diced and seeded plum tomatoes
- 1 cup diced ripe avocado
- 1/3 cup chopped cilantro or parsley
- ¼ cup diced red onion
- ½ cup light feta cheese, crumbled
- 2 Tbsp olive oil
- 2 Tbsp freshly squeezed lemon juice
- 1 ½ tsp minced fresh garlic
- 1 tsp minced jalapeño pepper or 1 tsp hot sauce
- pinch salt and freshly ground black pepper

**METHOD:**

1. Spray a non-stick skillet with cooking oil and place over medium-high heat. Cook the shrimp just until pink, about 3 minutes. Remove from the heat, cool and dice.
2. Combine the shrimp with the remaining ingredients in a large serving bowl and mix thoroughly. Serve immediately.

**Per Serving:** Calories 229; Protein 19 g; Fat 13 g; Saturated Fat 3.6 g; Carbohydrates 6 g; Cholesterol 127 mg; Sodium 334 mg ; Fiber 2.6 g

**About Rose**

Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca

**Family Feud**

Levi Johnston's attorney is taking exception with a blog kept by his client's sister, Mercede. Rex Butler says that while Mercede Johnston is free to write what she wants, she won't be privy to information from anyone with Team Levi. And Butler said Levi's team isn't sharing information about his plans, movements or other actions. THE ASSOCIATED PRESS

# Entertainment

**Growing Pains**

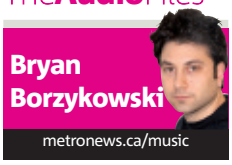
It's news that might bring tears to the eyes of Justin Bieber's many faithful fans: the 16-year-old pop sensation admits his voice is changing. THE ASSOCIATED PRESS

EDITOR: DEAN.LISK@METRONEWS.CA

# D-Sisive has way with words

## Toronto hip-hop artist wants to be remembered for his passionate rhymes

TheAudioFiles



Bryan Borzykowski
metronews.ca/music

When I heard D-Sisive's first EP, The Book, two years ago, I was absolutely floored. The rapper, whose real name is Derek Christoff, spoke brutally honestly about his parents' death — his father died in 2006 of psoriasis of the liver; his mother passed away of breast cancer in 1997.

His candid lyrics shook me — my wife's mother died of cancer around that time so much of what he said resonated in a strange and sometimes disturbing way. But I wasn't the only one who was mesmerized by his words.

Since then the Toronto artist has developed a rabid fanbase and while he's a strong rapper, it's his passionate rhymes that he hopes people will remember him for. "I'm not trying to be the best rapper alive," he says tells Metro. "My goal is to be respected as a songwriter."

That's why he says he's been "harassing" Ron Sexsmith to sing on one of his records for years. "He's got a career that I pray I can have," says Christoff. "He's respected by the best songwriters in the world."

Sexsmith finally sang on D-Sisive's new record — Vaudeville — on the song Liberace, about homosexually and having to hide your real self.

Christoff may have to put out a few more albums before Sexsmith fans such as Elvis Costello and Paul McCartney start singing his praises, but make no mistake, it's going to happen. D-Sisive doesn't focus on his parents' death, and self-sabotaging his first chance at a rap career (he was courted by majors in the early 2000s) like he did on his EP and subsequent two LPs, but his words are no less direct and thought-provoking.

The reggae-tinged Never Knew Me could be about a failed relationship, or perhaps he's looking back at his old, ego-driven self. Either way its vivid lyrics like "this is it eh? Who would have thought the seams would have ripped the jeans were a fit, blame it on the rain or the weight gain know my hat size it's all passé" that will keep his career going well into this decade.

D-Sisive's new album, Vaudeville, features guest vocals by Toronto singer-songwriter Ron Sexsmith. It is available today.

**"It wasn't going to be another 'I'm so sad, no one likes me album' — I'm going to get happy and bring the jiggy back."** D-Sisive

It also helps that he has a sense of humour. While his first records, especially The Book, were bleak, Vaudeville is full of pop culture references and genuinely funny moments.

Christoff purposely made a lighter record, starting with the title of the disc. "When I referred to this record I said it will be my song and dance disc," he says. "It wasn't going to be another 'I'm so sad, no one likes me album' — I'm going to get happy and bring the jiggy back."

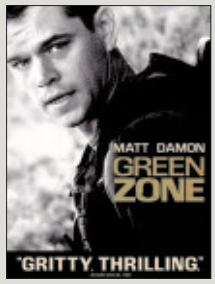
But even though he's a sap singing about romance on I Love a Girl, he doesn't want people to think he's gone too soft. "I could put out an album with 13 I Love a Girl's, but at the end of the day give me a mic and two turntables and I'll still whoop your a—."

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic

## DVD picks

### Green Zone

**Director: Paul Greengrass**




PAUL GREENGRASS IS part journalist and part action filmmaker, switching between docudramas such as United 93 to commercial blockbusters like the two Jason Bourne movies he's made with Damon. Both sides of Greengrass's personality are on display in Green Zone, which many people will understandably think of as "Bourne goes to Baghdad," especially in the more explosive second half.

Damon plays Chief Warrant Officer Roy Miller (Damon), a U.S. Army stalwart tasked with rooting out and destroying WMD sites at the start of the Iraq War. This seems an almost comical job, viewed through the 20/20 lens of history, but Miller is convinced that the "intel" on the WMDs is reliable and he intends to follow orders, no matter what the risk.

When bust after bust comes up snake eyes, Miller becomes disillusioned with his work and suspicious of the reasons for it. Miller isn't alone in his doubts. Wall Street Journal reporter Lawrie Dayne (Amy Ryan) has similar suspicions, and so does CIA operative Martin Brown (Brendan Gleeson).

Much of this is informed by knowledge of how things actually turned out, which makes Miller and his fellow travellers seem a little too prescient to be believed. But Greengrass and screenwriter Brian Helgeland, who has freely adapted Washington Post reporter Rajiv Chandrasekaran's book Imperial Life in the Emerald City, aren't seeking to make the angels and demons too obvious.

Damon acquits himself beautifully as Miller, convincingly playing a righteous Army renegade — he seems to have lowered his voice an octave to punch home his words.

It's only when Green Zone devolves into straight Bourne kinetics in the latter going that the film starts to seem less thoughtful and more commercial. Yet it still manages to drive home Miller's essential truth: "The reasons we go to war always matter."

**Peter Howell/for Metro Canada**

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AGO Art Gallery of Ontario ago.net

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John Singer Sargent, *Ellen Terry as Lady Macbeth* (detail), 1889, oil on canvas, Tate Britain

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**Young Hong Kong star to play Bruce Lee**

Filmmakers have cast a rising star from Hong Kong to play Bruce Lee in an upcoming biopic. Aarif Lee, 23, will step into the king fu icon's shoes in Bruce Lee: My Brother's Story. The film starts shooting this month. THE ASSOCIATED PRESS

# Bonding over comedy

NED EHRBAR
Metro World News

**For Adam Sandler, putting together the cast of Grown Ups was something of a no-brainer.**

The film follows five childhood friends (Sandler, Chris Rock, David Spade, Kevin James and Rob Schneider) who reunite as adults for a Fourth of July weekend.

"The whole idea was about putting together old friends who get to hang out together for a weekend," Sandler says. "And these guys are my old friends, so that made total sense. I'm glad they said yes to it."

He's quick to admit, though, that the pals and comedy veterans were hardly long-lost friends. "In real life it ain't much of a reunion. We see each other enough," he explains. "So it's not like this gang hasn't seen each other in 30 years. We see each other a lot. In fact, I see my friends from growing up a lot. There's no reunions in my life. I see everybody too much."

Grown Ups opens Friday

Five Hollywood comedians join forces for Grown Ups.

Getting a group of comic actors like that together obviously meant a decent amount of improvisation.

Director Dennis Dugan admits he didn't have as much to do as on other films.

"I had the easiest job in the entire world," Dugan says. "My job basically was to say, 'Action,' and they'd talk sometimes for 40 minutes. And then I'd say, 'Cut' because we ran out of tape. And we'd put new tape in and I'd say, 'Action,' and later on when they ran out of really funny stuff to say, I'd say, 'Cut.'"

Dugan also says the atmosphere on set was one of mutual appreciation, not the competition usually seen when comedians get together. Sandler agrees, and is quick to heap praise on his co-stars.

"I tell you, Spade is incredibly funny. He drops the most destruction bombs on you. He's quick as hell," Sandler says. "And Rock is one of the funniest guys I've ever seen in my life with just summing up something and just having a different slant on it. His comedy's just genius."

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**Sitcom gold from CTV**
CTV announced yesterday the launch of a new specialty channel called Comedy Gold. Launching Aug. 2, Comedy Gold will feature timeless sitcoms of the '70s, '80s and '90s, and is CTV's fourth new specialty brand announced this year. METRO NEWS SERVICES

# BSS film love letter to T.O.

ADAM NAYMAN
for Metro Canada

**When Toronto's garbage workers went on strike last year, a lot of people found their summer plans scuttled — including director Bruce McDonald, who had hoped to film a much-anticipated Broken Social Scene's concert on Toronto Island.**

Broken Social Scene's Kevin Drew, left, with This Movie is Broken director Bruce McDonald. The film is out this Friday.

When the show got cancelled, McDonald figured that the project was dead, too. "We thought we would just walk away he says. "Since the idea was to do just do a film about the band and its core members, we figured we could just do it another time, pick it up in a year or so and try again."

But when Broken Social Scene announced a free make-up show at the Harbourfront, McDonald and screenwriter Don McKellar decided to act fast, reimagining the project as a dramatic feature informed by the band's music. The result, This Movie is Broken, is a hybridized concert film that integrates dramatic material.

As the film opens, Toronto hipster Bruno (Greg Calerdone) has finally consummated his long-standing crush on childhood sweetheart Caroline (Georgina Reilly).

The remainder of their first day as a couple is intercut with footage from the Harbourfront performance, with the music serving as counterpoint to the action until the characters actually arrive at the concert.

"Most of the band didn't even know that there was a movie being made until they walked on stage and saw those giant cameras," laughs McDonald. "I think that it was going to be a special show anyway, because the whole group, with all its members, hadn't been together like that for six years. I think some people might have gotten intimidated in that situation, thinking that they have to really go all out because it's being recorded for the ages, or whatever, but they were fine. We didn't really make our presence all that known, and gave them room to do their thing."

The music is mostly terrific, but ultimately, This Movie is Broken is as much a document of a city as it is of a band.

"It's a bit of a love letter to Toronto," admits McDonald. "I grew up here, the band grew up here, and the city has been really good to us. There's this rich vein of great artists in many disciplines. We didn't want to hide the fact that this was our town."

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**Anna Nicole Smith judge publishes book**

The flamboyant judge brought to fame in the fight over Anna Nicole Smith's remains says he believes someone is guilty of manslaughter in the starlet's death and second-guesses his own decision over where she is buried in a book,The Killing of Anna Nicole Smith, to be released today. THE ASSOCIATED PRESS


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# One year later, Jackson kids lead 'normal' lives

**They are show business royalty, heirs of the King of Pop. Someday, they will be very rich. But a year after their father Michael Jackson's death, Prince, Paris and Blanket Jackson are normal kids full of fun and pranks, devoted to each other and to their grandmother who is their guardian, according to a lawyer who sees them frequently.**

They talk about their father and his presence is everywhere in the ranch-style house in the San Fernando Valley where they live. Pictures and memorabilia adorn the walls. The gated compound has additional residences where other members of the family have lived over the years.

"The children are seemingly as normal as normal can be under pretty extraordinary circumstances," says Adam Streisand, the lawyer who represents Katherine Jackson and a frequent visitor to the compound where she lives with the children. He provided an account of life inside their guarded world in an interview with The Associated Press.

The large Jackson family, including eight of Michael's siblings and their families, has been a source of emotional support for the children, who frequently play with their cousins, Streisand says. And over the past year, Michael Jackson's parents, children and siblings have moved on with their lives in a world with his music but without him.

Michael Jackson

In an interview with London's Daily Mail, published Sunday, Katherine Jackson said she misses her son every day but sees his spirit in his three children, whom she is raising "a little less strict" than her son would have.

The children love going to the movies, especially action and fantasy films, and are usually transported by security guards who are also on duty at the family compound 24 hours a day. The Jackson kids are avid students of karate and have made friends at their karate classes.

THE ASSOCIATED PRESS

| to | Vu | SD | C | | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 6/22/10 | 265 | 353 | 2 | TVO | Parks | View From Hr | The Agenda With Steve Paikin | | The Virgin Queen | | Amazing Planet | | Agenda-Paikin |
| | 211 | 331 | 3 | GTV | Entertainment | ET Canada | Wipeout (N) | | NCIS: Los Angeles | | The Good Wife (HDTV) | | News Hour |
| | 215 | 343 | 4 | OMN1 | Two/Half Men | The Office | Omni News: Italian Edition (N) | | Vivere V | Omni News: | Law & Order: Criminal Intent | | Metropia |
| | 210 | 302 | 6 | CBC | Laughs | World Cup Soccer Group Stage: Korea Republic vs. Nigeria. (HDTV) | | | | | CBC News: The National | | Soccer |
| | 214 | 344 | 7 | CITY | Hell's Kitchen (PA) A twist surprises everyone. (N) | | | | America's Got Talent (HDTV) Audition continue. (N) | | | | News |
| | 212 | 313 | 8 | CTV | etalk | Access H. | The Mentalist | | (9:01) Downfall (N) | | (10:01) Criminal Minds | | CTV News |
| | 218 | 345 | 11 | CHCH | *Broadcast News* ★★★ (1987, Romance-Comedy) William Hurt, Albert Brooks. | | | | | *Orange County* ★★ (2002, Comedy) | | | News at 11 (N) |
| | - | - | 14 | - | Family Guy | The Simpsons | Omni News: S. Asian Edition | | Omni News: Cantonese Edition | | Two/Half Men | King | Cold Case |
| | 213 | 326 | 15 | SUN | Old Christine | The Insider (N) | Last Bride | Positive Living | *Storm Cell* (2008, Drama) Mimi Rogers, Elyse Levesque. | | | | Dream Car |
| | - | 387 | 16 | CBS | Inside Edition | Access H. | NCIS "Flesh and Blood" | | NCIS: Los Angeles | | The Good Wife (HDTV) | | News 4 at 11 |
| | - | 385 | 17 | NBC | Entertainment | The Insider (N) | Losing It With Jillian (N) | | America's Got Talent (HDTV) Audition continue. (N) | | | | News |
| | - | 386 | 18 | ABC | Wheel Fortune | Jeopardy! (N) | Wipeout (N) | | (9:01) Downfall (N) | | Primetime: Mind Games | | News |
| | 219 | 346 | 20 | ACH-B | Canada's Worst Driver | | Raising the Bar | | White Collar (N) | | White Collar (N) | | A News |
| | - | - | 28 | FOX | Judge Judy | Two/Half Men | Hell's Kitchen (PA) A twist surprises everyone. (N) | | | | Seinfeld | Two/Half Men | The Simpsons |
| | - | 388 | 61 | PBS | PBS NewsHour | Foot in Grave | NOVA (DVS) | | Frontline (DVS) | | Chimps Are People Too | | Business Rpt. |
| | 297 | 652 | 330 | WPX | Two/Half Men | Family Guy | One Tree Hill (HDTV) | | Life Unexpected (HDTV) | | PIX News at Ten (N) | | Two/Half Men |
| | 296 | 654 | 331 | SBK | The Insider (N) | Entertainment | Law & Order: SVU | | WBZ News (N) | '70s Show | Frasier | Frasier | The Office |
| | 298 | 653 | 332 | TLA | The Tyra Show | | According-Jim | Family Guy | News at 6 | KTLA News | Two/Half Men | Two/Half Men | One Tree Hill |
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| cable variety | 602 | 567 | 27 | W | Kim | How Clean | Style by Jury | Beauty Call | Beauty Call | Style by Jury | *Wall of Secrets* (2003, Suspense) | | |
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| | 600 | 564 | 46 | H&G | House Hunters | Property Virgin | Design School | | Sarah's House | Genevieve | House Hunters | House Hunters | Holmes-Homes |
| | 294 | 529 | 47 | TBS | Family Guy | Family Guy | MLB Baseball Atlanta Braves at Chicago White Sox. From U.S. Cellular Field in Chicago. | | | | | | Seinfeld |
| | 576 | 582 | 49 | BET | 106 & Park: BET's Top 10 Live | | *The Jacksons: An American Dream* ★★ (1992, Drama) | | | | Tiny & Toya | Tiny & Toya | Mo'Nique |
| | 627 | 528 | 50 | SPC | Stargate Atlantis (DVS) | | Doctor Who "New Earth" | | The Listener (DVS) | | Defying Gravity (DVS) | | Stargate SG-1 |
| | 581 | 566 | 52 | MTV | The Hills | After | Cribs | Parent Control | The City | The Hills | The Hills (N) | After | MTV Live |
| | 618 | 524 | 54 | TROP | Colin & Justin's Home Heist | | Wife Swap (N) | | Wife Swap (N) | | Restaurant Makeover | | Last 10 |
| | 603 | 561 | 56 | FOOD | Ricardo | Exotic | Dinner: Impossible | | Chef Abroad | Chef Abroad | Chefs vs. City | | Restaurant |
| | 261 | 394 | 60 | V | Murder, She Wrote | | May-December | When I Laugh | *Due South* ★★ (1994, Drama) Paul Gross, David Marciano. | | | | Doc |
| | 621 | 527 | 63 | STR | Look-A-Like | TMZ | The Ellen DeGeneres Show | | The View (HDTV) (N) | | The Dr. Oz Show (HDTV) | | TMZ |
| | 553 | 546 | 65 | TRE | Backyardigans | Night Garden | Waybuloo | Toopy & Binoo | Franklin | Babar | Little Bear | Toopy & Binoo | Max & Ruby |
| | 526 | 507 | 249 | VIVA | Cold Case | | Missing (Part 1 of 2) | | The Closer "Flashpoint" | | Cold Case | | Investigators |
| | 300 | 601 | 301 | M1 | *How to Rob* | (7:20) *A Cargo to Africa* (2009) | | | *A Perfect Getaway* (2009, Suspense) | | | (10:40) *Donkey Punch* | |
| | 305 | 612 | 306 | PIX | (7:15) *Team America: World Police* (2004, Comedy) | | | | *Juwanna Mann* ★ (2002, Comedy) | | | (10:40) *The Fall* (1998) | |
| | 520 | 146 | - | DISC | Daily Planet (N) | | How It's Made | How It's Made | Destroyed | Destroyed | Deadliest Catch (N) | | Daily Planet |
| | 637 | - | - | TVLND | Red Green | Red Green | Fantasy Island | | Hart to Hart | | Andy Griffith | Phil Silvers | Bizarre |
| | 605 | - | - | FASH | etalk-Artists for Haiti | | FashionTele | RAW | FT Found Footage | | America's Next Top Model | | Fashion-Uncut |

## critics' corner

**Juwanna Mann**

But Judontwanna Waste your time on this basketball-bound "Tootsie," a crude, stereotype-filled comedy starring Miguel A. Nunez Jr. as a young hoopster who slips into drag to play women's basketball after being kicked out of the men's league. Vivica A. Fox co-stars as Jessica Lange — or, more precisely, a teammate with whom our faux femme falls in love while disguised as a dame. 9 PM on PIX

**NCIS**

Gibbs questions DiNozzo's ability to do his job when his father gets involved in their latest investigation. which focuses on the attempted assassination of a foreign prince. 8 PM on CBS

**Losing It With Jillian**

Jillian moves in with the Northerns, a family that needs motivation to get back on the right track after the father, Patrick, loses his job, a tough break that makes wife Kim the sole breadwinner. To help them redirect their lives, Jillian urges them to throw out a deep-fat fryer that has contributed to their collective weight gain. 8 PM on NBC

## Wrestler Jericho ready for his 'Downfall'

**TELEVISION** Pro wrestler Chris Jericho is willing to take hits in the ring but will be playing it safe as host of ABC's new game show Downfall.

Downfall is staged atop a 10-story downtown Los Angeles building, with contestants vying for prizes and up to $1 million US cash by taking a trivia quiz. Players face the risk of being pushed off the roof — strapped into a decelerator harness — if they lose.

**"That's the reason I'm the host. I don't ever have to go over the edge."** Downfall host Chris Jericho

Jericho is on the rooftop, too, but tethered to a platform to avoid an unexpected trip.

"It's scary when you get up there and stand on the edge," Jericho said. "That's the reason I'm the host. I don't ever have to go over the edge — unless the show gets cancelled, in which case I'm the first one that gets thrown over." THE ASSOCIATED PRESS

**Audrina Patridge stalker to undergo psychiatric evaluation for choosing to stalk Audrina Patridge**
A man arrested outside Audrina Patridge's home has pleaded no contest to stalking The Hills star and will undergo psychiatric evaluation. Deputy District Attorney Wendy Segall says Zachary Loring entered the plea yesterday in Los Angeles. THE ASSOCIATED PRESS

## Celebrity Buzz

Follow these celebrities on Twitter...

### CelebTweets

**LADY GAGA** knows how to throw a party, **JEWEL** is keeping busy on tour, **SEAN "DIDDY" COMBS** is still bragging about something (he can't help himself), and **BEN STILLER** envies his pal.

@ladygaga Love my whiskey hangover+angry texts from my best friend who barely remembers her bday. DONT PUT ME IN CHARGE IF U DONT WANT IT DONE RIGHT @jeweljk So excited-introducing my bus driver to hot yoga this morning-ha @iamdiddy I'm in a great mood today people!!!! I'm alive! @RedHourBen Lance Armstrong is the only guy in the world who can tweet while getting a massage and be cool.

METRO NEWS SERVICES

# Source: Lohan definitely drinking at MTV Awards

**GET YOUR CREATIVE WRITING HATS ON, LOHANS: YOU'RE GONNA NEED TO COME UP WITH A NOBEL-CALIBRE EXCUSE FOR THIS ONE** Despite the fact that her test for alcohol in her system came back clean after the MTV Awards earlier this month, sources say Lindsay Lohan was definitely drinking the night her alcohol-monitoring anklet went off. "There was absolutely no doubt that Lindsay was drinking, and the report that the alcohol monitoring service provided to Judge Revel was very detailed and extremely reliable," a source tells Radar Online. "The report also says that Lohan's SCRAM bracelet had indeed been tampered with, and this is one of the reasons that Judge Revel determined that Lindsay violated terms of her bail."

METRO WORLD NEWS

# Klein heads to rehab

**MAYBE HE GOT TARA REID'S OLD ROOM** After his arrest last week for driving while in intoxicated on an L.A. freeway, actor Chris Klein has checked into rehab, according to People magazine. The American Pie star admitted himself into the Cirque Lodge in Utah to undergo a 30-day alcohol treatment program. "After recent events, Chris was forced to take a clear look at a problem he has been trying to deal with himself for years," his rep tells the magazine. "He understands now that he can not beat this disease alone."

METRO WORLD NEWS

## Prince Harry back on the market

**HEY, HARRY: I HEAR BOMBSHELL MCGEE IS STILL SINGLE** After six years of on-again and off-again romance, Prince Harry and Chelsy Davy have called it quits, according to the News of the World. "We're finished," Davy reportedly told pals. "This is a new beginning for me. I want to start my career in South Africa where I plan to spend the rest of my life. I don't want to live in Britain." A source tells the newspaper that the split was a long time coming: "It was a gradual end to the relationship. It whimpered out."

METRO WORLD NEWS

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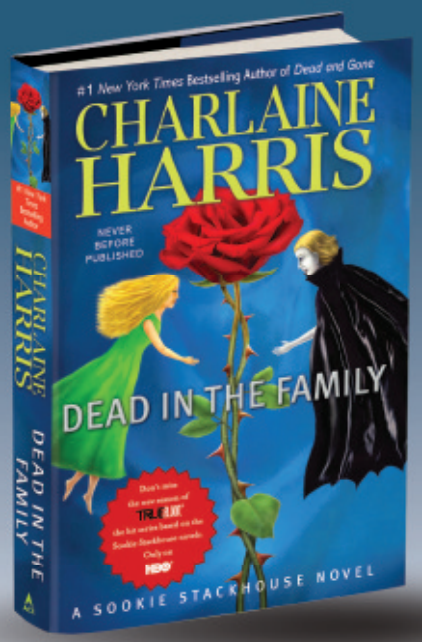

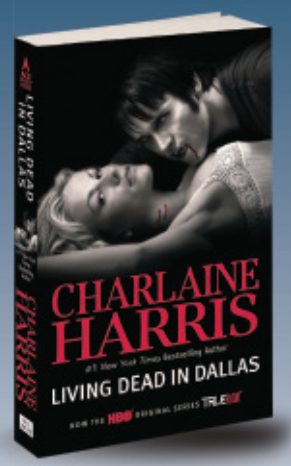

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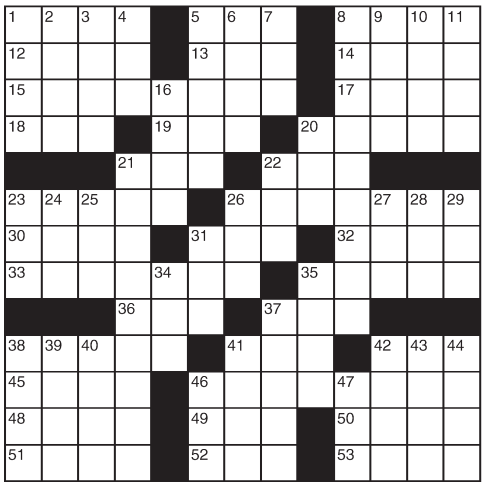
# Take Five

For more delicious Metro recipes, visit: **metronews.ca/food**



**ACROSS**

1 Bedouin
5 Spade or club, e.g.
8 Tel —
12 Pop flavor
13 "Born in the —"
14 Tardy
15 Blissful
17 Springlike melody
18 Moines preceder
19 Donkey
20 Dessert "there's always room for"
21 Not post-
22 Gear tooth
23 Passport endorsements
26 Re a city's leader
30 Hebrew month
31 Poke
32 Portrayal
33 In the not-too-distant future
35 Handle effectively
36 Joke
37 Pouch
38 The fifth element
41 Trench
42 Sapporo sash
45 Unoriginal one
46 Dating from long past
48 Indian princess
49 Blond shade
50 Frail
51 United nations
52 Tackle moguls
53 Inquisitive

**DOWN**

1 Served perfectly
2 Libertine
3 Swiss range
4 "Hum-bug!"
5 Pocket-book
6 Wife of Osiris
7 Lobbying grp.
8 Having hidden spiritual meaning
9 Colorado skiing mecca
10 "— have to do"
11 Kill a bill
16 Galley supply
20 Happiness
21 Pain reliever
22 Taxi
23 Anatomical duct
24 Bachelor's last words
25 "Casablanca" pianist
26 Potentially will
27 Shad product
28 The whole enchilada
29 Started
31 Binge
34 Rose-anne's TV hubby
35 Lightbulb measure
37 Cold rice recipe
38 Zinger
39 October birthstone
40 Nevada city
41 Put on the line
42 Sandwich cookie
43 Prejudice
44 Gross
46 Possesses
47 Possess

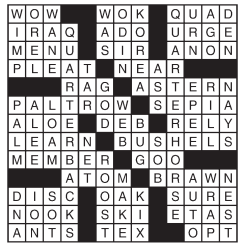
## Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 8 | | 7 | 3 | | 9 | 1 | | 6 |
| | | 6 | | | | 8 | | |
| | 4 | | | | | | 3 | |
| | | 5 | 8 | | 4 | 2 | | |
| 3 | | | | | | | | 1 |
| | | 2 | 9 | | 6 | 7 | | |
| | 8 | | | | | | 2 | |
| | | 4 | | | | 9 | | |
| 5 | | 1 | 7 | | 2 | 3 | | 4 |

**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 1 | 2 | 4 | 5 | 6 | 3 | 9 | 8 |
| 6 | 4 | 8 | 9 | 1 | 3 | 2 | 7 | 5 |
| 3 | 9 | 5 | 7 | 8 | 2 | 4 | 1 | 6 |
| 9 | 2 | 3 | 1 | 6 | 4 | 5 | 8 | 7 |
| 1 | 5 | 4 | 8 | 9 | 7 | 6 | 2 | 3 |
| 8 | 7 | 6 | 3 | 2 | 5 | 9 | 4 | 1 |
| 4 | 8 | 1 | 6 | 3 | 9 | 7 | 5 | 2 |
| 2 | 3 | 9 | 5 | 7 | 1 | 8 | 6 | 4 |
| 5 | 6 | 7 | 2 | 4 | 8 | 1 | 3 | 9 |

## On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca

## Metro Recipe of the Day

### Grilled Salmon Salad

**INGREDIENTS:**

8 cardamom pods, crushed
1 tsp cumin seeds
Grated zest and juice of 1 lime
Juice of 1 orange
1 tbsp soy sauce
1 tbsp honey
4 pieces skinless salmon fillet
4 cups mixed salad leaves
1 mango, peeled and cubed
1 papaya, peeled, seeded and cubed
1 orange, peeled and segmented
Salt and pepper

**METHOD:**

1. Heat small skillet over medium heat. Scrape seeds from cardamom pods; add to pan with cumin seeds. Toast for few seconds to release aromas and remove to shallow non-metallic dish.

2. Add lime zest and juice, orange juice, soy sauce and honey to seeds; add salt and pepper. Lay salmon in dish and turn to coat. Cover and marinate 30 minutes.

3. Preheat broiler. Place salmon on broiler pan and broil 4 to 5 minutes on one side only; salmon fillets should still be slightly translucent in centre. Meanwhile, pour marinade into small pot and bring just to boil.

4. Arrange salad greens on four plates. Scatter mango, papaya and orange over. Place cooked salmon on top and drizzle with warm marinade. Serve immediately.

**SERVES 4**

**rd.ca**

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

## Horoscopes by Sally Brompton

sallybrompton.com For Sally's expanded daily and weekend horoscopes, visit metronews.ca

**ARIES** ♈
**MARCH 21-APRIL 20**
For every effect there must be a cause and your task today is to find out why certain less than welcome events occurred.

**TAURUS** ♉
**APRIL 21-MAY 21**
You may honestly believe that there is nothing you cannot do but don't get so carried away that you make an embarrassing mistake.

**GEMINI** ♊
**MAY 22-JUNE 21**
Try not to rely too much on other people today. They may sound convincing but they probably don't know what they are talking about.

**CANCER** ♋
**JUNE 22-JULY 22**
Something will catch you out or take you by surprise today, but chances are you won't mind. You'll try anything once — more if you like it.

**LEO** ♌
**JULY 23-AUG 23**
Be careful you don't agree to something that is not in your best interests. You may want to help others but it's your happiness that counts.

**VIRGO** ♍
**AUG 24-SEPT 22**
You are entitled to feel pleased with what you have achieved in recent weeks, but don't stop there. That was just the first stage.

**LIBRA** ♎
**SEPT 23-OCT 23**
You may think you know what you want but Uranus, planet of surprises, could upset your plans if you take anything for granted.

**SCORPIO** ♏
**OCT 24-NOV 22**
You seem to be finding it hard to put your thoughts into words at the moment, but that's okay because it's actions that count.

**SAGITTARIUS** ♐
**NOV 23-DEC 21**
You may have come through recent difficulties relatively unscathed but don't push your luck.

**CAPRICORN** ♑
**DEC 22-JAN 20**
Others may think that your ideas are mad, bad or even dangerous, but who cares about them? The more others complain the more you'll enjoy it.

**AQUARIUS** ♒
**JAN 21-FEB 18**
You have kept your passions under strict control in recent weeks, but now you need an outlet for all that pent-up emotional energy.

**PISCES** ♓
**FEB 19-MARCH 20**
You have taken a wrong turning and need to retrace your footsteps to the point where you wandered away from the path you were supposed to take.

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## This day in history

1825: The British Parliament abolishes feudalism and the seigneurial system in British North America.
1898: Spanish-American War: United States Marines land in Cuba.
1941: Germany invades the Soviet Union in Operation Barbarossa.
1962: An Air France Boeing 707 jet crashes in bad weather in Guadeloupe, West Indies killing 113.
1976: The Canadian House of Commons abolishes capital punishment.
1984: Virgin Atlantic Airways launches with its first flight from London Heathrow Airport. METRO NEWS SERVICES

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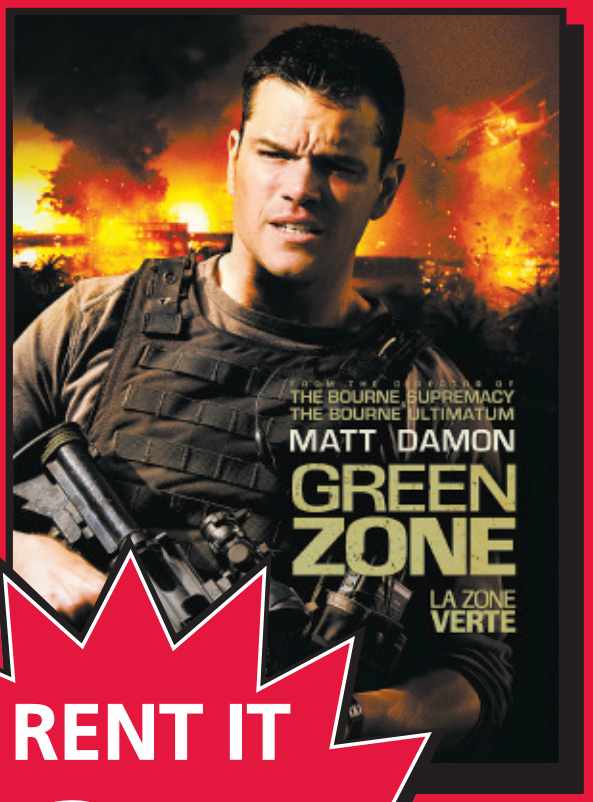

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